

Carolina country

Homegrown

INSIDE:

Giving local foods

Slow cooking

Our 2014 gift guide



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Your Touchstone Energy Cooperative

This Necklace is NOT for Sale...

...It's yours for **FREE***

*No kidding. Only Stauer can give you 200 carats of genuine amethyst for **NOTHING**.*

You may think you understood the concept of "priceless" jewelry. For years, "priceless" meant "astronomically expensive." Owning "priceless" treasures was a rare privilege reserved for celebrities, billionaires, and royalty. The best most of us could do was dream. Until now...

Stauer smashes the luxury status quo with the release of our **FREE* 200-Carat Lusso Amethyst Necklace**. That's right, we said **FREE...** as in "priceless." No charge.* **ZERO dollars.*** Call now and we'll send you this impressive helping of genuine amethyst (independently appraised at \$295) for **FREE**. We cut the price 100% and you pay only \$19.95, our charge for shipping, processing and insurance. There are no tricks or gimmicks. You aren't obligated to spend another dime or dollar with us... although we make it **VERY** hard to resist.

Why give away jewelry? We want your attention. Once you get a closer look at our rare gemstone treasures and vintage-inspired watches, and once you discover the guilt-free fun of getting "Luxury for Less," we're betting that you'll fall in love with Stauer. If not? Keep your **FREE Lusso Amethyst Necklace** anyway. No hard feelings.

A collection of purple perfection. Your **Lusso Amethyst Necklace** is a 200-carat symphony of smooth purple genuine gemstones. Each gemstone's shape and translucence ignites the velvety, violet hues. The polished amethysts are hand-set on double-knotted jeweler's thread, and the stunning 18" necklace (with 2" extender) secures with a gold-finished lobster clasp. Once you wear it, you'll see that it hangs with the same weight and elegance as similar strands that sell for hundreds more.

One more surprise... If we had our way, we'd send your **Lusso Amethyst Necklace** with no shipping charge. Unfortunately, the rising cost of gas and freight makes that impossible. But, to sweeten the deal, we'll include a **\$20 Stauer Gift Coupon** with your **FREE** necklace. Amethyst is one of the world's most coveted gemstones and our supply is extremely limited. An offer this good will not last very long. Call to reserve your **FREE Lusso Amethyst Necklace** today and treat yourself (or someone you love) to a brilliant new definition of priceless luxury!

Lusso Amethyst Necklace (200 ctw) ~~\$199**~~

Your Cost With Offer Code— **FREE***

*pay only shipping & processing of \$19.95.

You must use the offer code below to receive this special free necklace.

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Offer Code LAN170-01

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yours **FREE!*****

**200 ctw of genuine amethyst • Gold-finished spacers
18" + 2" length necklace**

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Necklace enlarged to
show luxurious detail.

Smart Luxuries—Surprising Prices™

Holiday Gift Guide

Carolina
country

November 2014

Volume 46, No. 11



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Chestnuts from High Rock Farm in Guilford County. See pictures of High Rock Farm on our website. (CharlesMedia photography)



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3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Erin Binkley, (919) 875-3089

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO

Joseph P. Brannan

Senior Vice President, Corporate Relations

Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.



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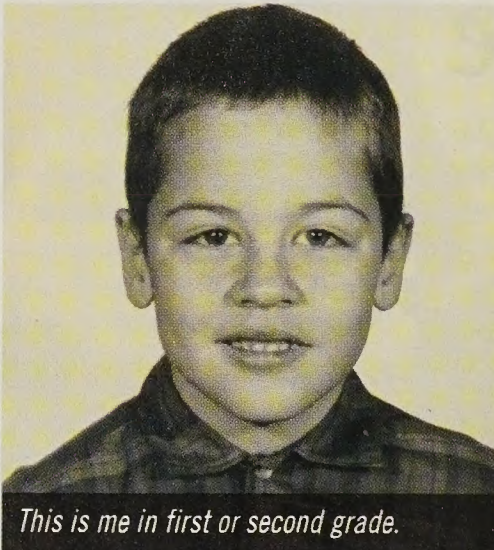
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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Must be present to win

by Chris Perryman



This is me in first or second grade.

In 1960, when I was 5, a letter arrived in the mail announcing the annual meeting of the Davidson REA electric cooperative. The letter was the sole topic of discussion at our dinner table that evening. "Electricity," Dad explained, "is the single thing that separated city folk from country people for nearly 50 years. The co-op brings the convenience of city living to the country." And with that, my Mom began reading aloud about the free prizes at the upcoming meeting.

Everyone in attendance would receive a ticket for the prize drawing, kids too! With our five tickets, Mom estimated an almost certain chance to win a new toaster, a radio, maybe even a record player. Weeks before the event all Mom could talk about was the big REA meeting with free prizes. The postman heard about it; the couple running the general store were informed; it was mentioned in Sunday school class; there was a special announcement at PTA, ladies in the Women's Circle were reminded, as were my uncles, aunts and cousins. Indeed, if anybody in northern Davidson County missed receiving an invitation from REA directly,

then my mother likely delivered all the details in person.

The day finally arrived. Dad's brown Ford pointed down Hwy. 52 towards the Armory. It felt like our family was going to the county fair. As we entered the building I saw hundreds of people gathered. And the noise! There was laughter, much talking and a squeaky PA system that boomed announcements. People were smiling, enjoying time with friends. I enjoyed the free popcorn. Few things measure up to the salty goodness that emerges from a warm red-striped paper bag of popcorn. Dad led us to our seats as some men made short speeches. And then...

The time arrived for the prize drawing. A stern look came over Mom's face as she issued several orders: set aside all food, wipe all hands with napkins, and pay close attention to the man on stage. Mom tore apart the strip of five paper tickets and handed one to each person. I had learned my numbers by age 5, but Mom made me sit by her so she could check if I made a mistake. One by one, numbers were called and the prizes delivered as lucky winners would jump and shout. It was near the end when Mom got her chance to jump and shout, "Here, I'm a winner!" She descended the bleachers and returned with a shiny new electric iron.

Looking back, I think we were all winners with the REA. 🍷

Chris Perryman grew up in northern Davidson County and now lives in Union County and belongs to the Union Power Cooperative.



My mom and me in 1990.



Post your pictures with us

We love getting photos from the Carolina Country family. Now that mobile phones and tablets have built-in cameras, we get far more pictures than we used to, and far more than we can publish here. Try posting yours to our Facebook. It's quick, and there's a growing Carolina Country family there, too.

—The Editors

Wildlife welcomed

I read your article warning people not to encourage wildlife into their homes. ["No Vacancy for Wildlife," September 2014]

In fairness to the animals trying to survive with their shrinking habitat, I need to tell you I have been feeding the wildlife for 20 years at least. All kinds: foxes, raccoons, coyotes, possums, even skunks. None have ever given me a problem. Once I even fed the little skunk by hand!

Now I feed deer, wild turkeys, birds. One night even a bear! But I just tossed it some bread and peanut butter out the front door. Now a mother raccoon and her four babies come to my back door every evening for their supper. She comes to the door to see me and has never attempted to come in or be a problem in any way.

Just wanted to give you the other side of the coin.

Elizabeth Shelley, Tryon, Rutherford EMC



Frog protection

An assassin fly on a frog. In Carolina Country, you always watch your back.

Frank Ellison, Clemmons, Brunswick EMC

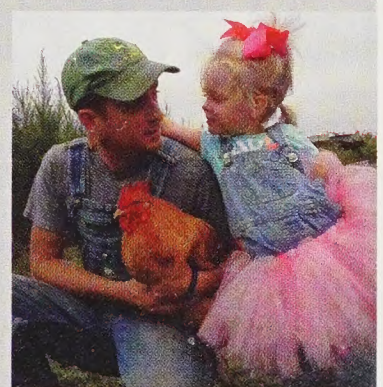


Life on the Turner farm

We live on a small farm on Rockfish Creek in Rose Hill, Duplin County. Ours is a "Century Farm" that has managed to stay in my family for more than 100 years. We hope to be able to pass it on to our daughter, Ala Kate, who is 2, hoping that she'll keep the farm heritage going. My wife, Amy, and I both work full-time jobs—I with the Duplin County Sheriff's Office and Amy as branch manager of First Bank of Rose Hill—but we still manage the duties of farm life day to day. The farm consists of corn, soy beans, pasture-raised pigs, honey bees, barnyard chickens, timber and numerous fruits and vegetables. Ala Kate wants to help in every task: steering the tractor and lawn mower, planting and watering flowers, and picking fruits and vegetables. She loves to be right in my footsteps while working with the animals. Our pasture-raised Berkshire pigs are favorites among many local customers and chefs.

In one photo, Ala Kate was asking me what's on top of the rooster's head and underneath his beak. In the other, Amy and Ala Kate are tickled about the arrival of Berkshire pigs born just two days prior.

Lance Turner, Rose Hill, Four County EMC



Uplifted

My wife and I literally receive a blessing each month as we read the nostalgia articles in Carolina Country. This year we completed our mountain house in western North Carolina and became members of Haywood EMC. As the old saying goes: "We weren't born in the mountains but got there as fast as we could!"

We are senior citizens entering our retirement years and are so appreciative that Carolina Country publishes

the stories of everyday Americans who write their stories about past and current generations. These stories are so uplifting as they cause us to remember those special stories in our lives about parents, grandparents, siblings, children and so on. Thanks to the Carolina Country staff for having the heart and soul to publish those stories about people and events that have shaped America and made it a great nation.

Thomas Jones, North Myrtle Beach, Haywood EMC

Contact us

Website: carolinacountry.com

E-mail: editor@carolinacountry.com

Phone: (919) 875-3062

Fax: (919) 878-3970

Mail: 3400 Sumner Blvd.
Raleigh, NC 27616



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The first building on the new farm sets the foundation for the future.



ADVENTURES OF THE HOMESTEAD REDHEAD

Building the Big Barn

by Laura May Conner

Welcome back to the homestead!

The dream of the family farm has now transformed an empty 30 acres to a tangible foundation for the future. By the end of summer, we completed the Big Farm's big barn. That project proved to be extremely challenging. It seemed with each day a new challenge arose. As the barn construction was in full swing, we decided to drastically alter the beautiful, two-acre pond nearby. The typical 90-degree North Carolina summer days evaporated the majority of our pond, so we hired a crew to dredge it out, to deepen the pond and prevent the heat from stealing our peaceful oasis.

With many projects still to go, and those currently underway, the completed barn watches over the farm and is a symbol of perseverance. Despite the challenges it brought to us, and how many miles we traveled as a family to get there, the barn stands tall and proud, and finally finished!

Fall seemed to abruptly take hold of the world and remove all traces of summer this year in an instant. As the

crisp, cool weather took the place of the intense summer heat, life continues to ebb and flow, expertly carving out a new path with each passing day.

My days of travel nursing to Virginia came to a close almost as fast as they began. While those several months of traveling are an experience I won't ever forget, I know now my roots run deep in this fertile, North Carolina ground, and I belong in the state that has raised me from the moment my mama and daddy brought me into this world. I have taken a job in Raleigh, in a local emergency department, so I won't miss a minute of my family, my friends and my critters.

As life tends to go, my original plan of living on the Big Farm by spring 2015 won't be a reality. Although this news wore heavy on my heart initially, I have come to embrace a new path and have an open mind about the alternate adventures to come.

While I am still going to be working with my parents on building our family farm, I am venturing out for the time being on my own, to focus on building

a family and my own little farm.

These weeks are filled with working hard to save money towards my farm, gathering ideas for my farm house and more house viewings than I can count. I want to find a little farm in Mebane, where I can settle down for a time, until I am able to build on the Big Farm. Moving three times over the last year has been exhausting!

The journey of life has proven to be an interesting one and around every bend a new surprise seems to await me. Stay tuned. There are many more adventures to come from this home-grown North Carolina redhead. 🍷

Laura Conner and her family are members of Piedmont EMC and live in Orange County. Follow her homesteading adventures at homesteadredhead.com



JUST RELEASED: United States Baseball Legal Tender Coin



Actual size
is 30.61 mm

Cooperstown, N.Y.

The National Baseball Hall of Fame and the U.S. Mint have just released the **FIRST EVER** *curved* American coin. This legal tender half dollar has been struck to honor the 75th anniversary of the National Baseball Hall of Fame and Museum.

First Ever Curved American Coin

The coin's curved design is a first in American history. The outward curving 'tails' side of the coin depicts a baseball—complete with intricate stitching. The inward curving 'heads' side of the half dollar reveals a classic leather baseball glove, with the curve perfectly reflecting the natural shape of a weathered and well-loved baseball mitt. Among the celebrity judges who selected this **FIRST EVER** curved design were Hall of Famers Joe Morgan, Brooks Robinson, Ozzie Smith, Don Sutton, and Dave Winfield. The curved design is like nothing you have ever seen before. You won't believe it when you hold it!

Going...Going...GONE

Public demand for these coins has exploded and a number of versions have already sold out quickly. The 2014 Baseball Hall of Fame Half Dollar will forever go down in history as a runaway best seller. But even though the coins are disappearing at record speed, you don't have to strike out.

If you **CALL NOW**, you can lock in your very own piece of baseball history—not to mention the *most unusual American coin ever struck!*

Pristine Brilliant Uncirculated Half Dollar

Each 2014 Baseball Hall of Fame Commemorative Half Dollar is minted in Brilliant Uncirculated condition and comes in official U.S. Mint packaging, including the official Mint Certificate of Authenticity. Best of all, you can secure yours today for **only \$29.95** (plus s/h). Due to overwhelming demand, orders are limited to a maximum of 5 coins. No dealer orders will be accepted. Lock in yours now for estimated delivery at the end of July. Hurry! A sellout is expected at any time.

When you call, ask about the extremely limited Pete Rose autographed edition.

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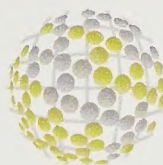
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Stay in your car!

How to react if a power line falls on your car

Tens of thousands of car accidents result in downed power lines each year. Many people survive the accident, but are electrocuted when they step out of their car. Don't make this mistake. React quickly, but calmly and safely. Here's how:

- 1.** It's not always like the movies: Downed power lines don't always spark, smoke, make noise or flop around. Don't assume that because the line lies lifeless on the car that it is not dangerous. Don't get out of your car.
- 2.** Don't let others approach! You're safe in your car, but it is extremely dangerous for other people to approach your car because the ground may be energized.
- 3.** React quickly, but be safe. Use your cell phone, if you can, to call 911 from inside the car. Report your accident and let the dispatcher know that power lines have fallen.
- 4.** Wait for the emergency officials to arrive and for the local utility company to tell you that it is safe to get out of your car.



Don't assume that because the line lies lifeless on the car that it is not dangerous. Don't get out of your car.

What if you have to get out of your car?

Don't. Unless it is on fire or there is other imminent danger. If you absolutely have to get out, follow the next steps.

- Stand on the edge of your car with your feet together and your arms close to your sides. Jump as far as you can, keeping your feet together.
- Do not step off of the car onto the ground. Never touch the car and the ground at the same time, because it will create a path for the electricity.
- Continue jumping away from your car with your feet together, at least 30 feet.
- Slowly slide your feet apart. If you feel a tingle, slide them back together and continue hopping away.



U.S. helps co-ops make improvements to their distribution systems

The U.S. Department of Agriculture is investing more than \$518 million to improve the reliability of rural electric systems, and four North Carolina co-ops will receive part of that investment. The infrastructure improvements promote sustainable economic development, and the loan guarantees are provided through the USDA's Rural Utilities Service (RUS).

Rutherford Electric Membership Corporation

\$18,500,000 to build or improve 60 miles of line and make other system improvements.

Tideland Electric Membership Corporation

\$24,500,000 to build or improve 161 miles of line and make other system improvements, plus \$1,478,392 for smart grid projects.

Tri-County Electric Membership Corporation

\$19,000,000 to build or improve 97 miles of line and make other system improvements.

Union Power Cooperative

\$50,000,000 to build or improve 384 miles of line, and make other system improvements.

Free energy audits for North Carolina rural small businesses

Convenience stores to machine shops can discover ways to manage their electric bills with a USDA-sponsored energy audit. The audit provides a financial analysis of techniques that can reduce energy bills 10 to 20 percent.

The USDA sponsorship allows Waste Reduction Partner's team of energy professionals to provide on-site energy audits at no cost to the client.

For more information, contact Russ Jordan via e-mail at russjordan.wrp@windstream.net or by phone at (828) 251-7477 or online at wastereductionpartners.org.

Another scam

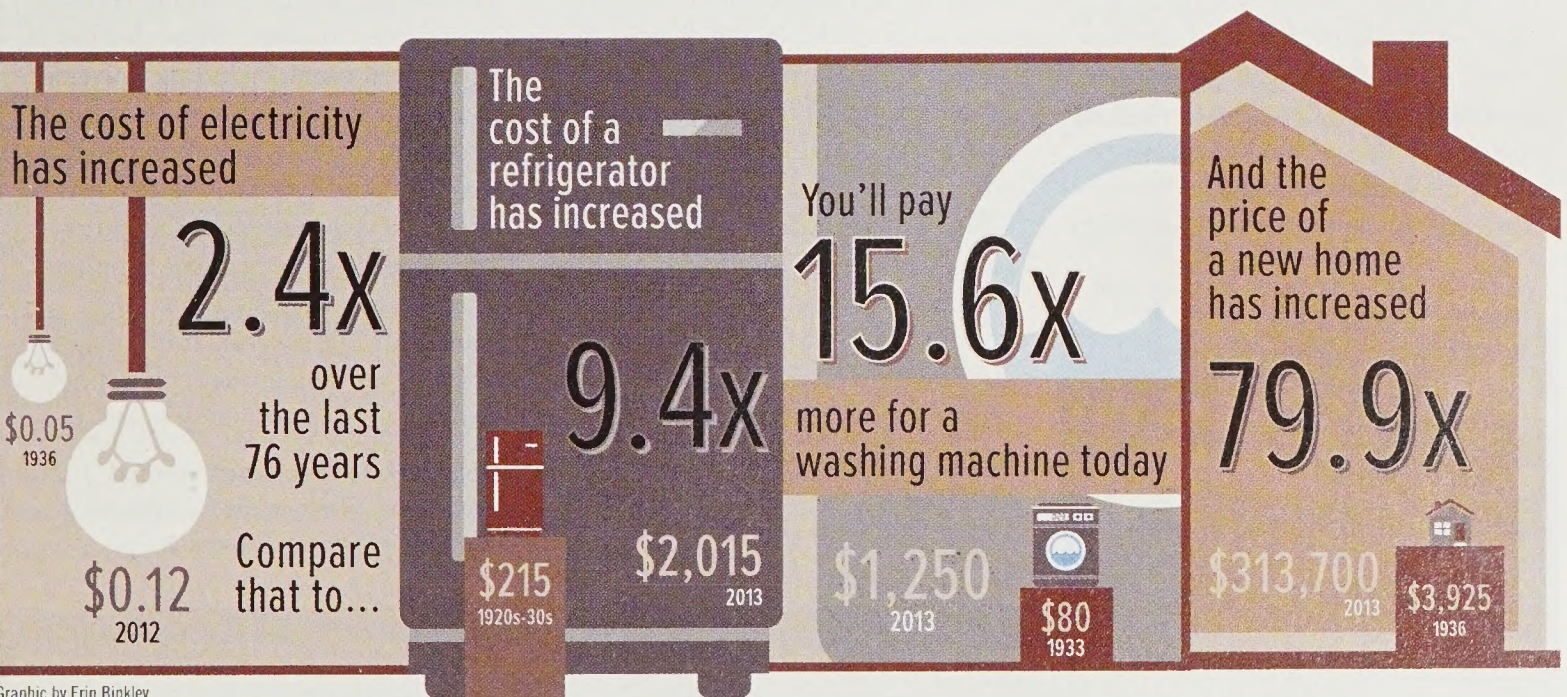
The scammers have raised their heads again. In the latest version, a caller purporting to be "with Duke Energy and handling remote disconnects for cooperatives" threatens that your electricity will be turned off if you don't provide payment via a prepaid card such as Green Dot MoneyPak. This is a scam.

Your electric cooperative does not ask you for account information over the phone. Your cooperative does not contract with Duke Energy to collect money.

Share this advice with your friends and neighbors.

the VALUE of ELECTRICITY

Electricity was very valuable to rural homes and farms when introduced by electric cooperatives in the 1930s and 1940s. As technology and efficiency grew along with the demand for electric power, the cost of electricity remained steady. Look at these comparisons.



Graphic by Erin Binkley

Try This!

Remodeling for life

Home for Life showcases ways to remodel for retirement years

By Abby Berry | Photos by Hanley Wood

Home is where the heart is for most of us. It's comforting, it's safe and it's where we make memories. But what about our home's sustainability for the future? We expect our safe havens to last for years to come, so that we can continue to enjoy them with family and friends.

In January 2011, the first of the 77 million baby boomers turned 65 years old—which means roughly 30 percent of the U.S. population is now entering their retirement years. According to a recent survey conducted by the American Association of Retired Persons (AARP), 84 percent of baby boomers would like to stay in their current homes during retirement years, but only 16 percent have taken any steps to adapt their home for retirement.

Home for Life, a collaborative effort by a team of designers, universal design consultants, efficiency specialists and professional organizations, offers a variety of ideas that enable homes to “live” better, last longer and stand out in efficiency.

Home for Life is designed to showcase the concepts of universal design

Home for Life model home front exterior.




The Home for Life model home's master bedroom and kitchen.

and aging in place—an important topic for remodelers and consumers alike—as baby boomers begin to enter their retirement years in record numbers.

The Home for Life team began by building a 1970s-model suburban home, implementing updates based on aesthetics, functionality and efficiency. For example, the design team added efficient front-loading washers and dryers and elevated them for easier access. Hallways were widened and grab bars were installed for safety. Efficiency was a major consideration in the redesign, and the team worked to ensure that all rooms were comfortable and free of drafts. This cut down on insects and dust and reduced monthly energy bills. Apart from efficiency, design elements were thoughtfully considered as updates were made to the home.

“We brought together experts in design, active adult lifestyle, energy and resource efficiency, as well as universal design to create Home for Life,” said Rick Strachan, group president, Residential Remodeling. “Our goal for the Remodeling Home for Life virtual tour is to showcase what remodelers and baby boomers need to consider to adapt homes for the retirement years, including universal design strategies, lowered operating costs and durable, low-maintenance products and systems. We also feature the latest offerings from the industry’s leading-edge product suppliers.”

If you are interested in taking Home for Life’s virtual tour, including a closer look at the remodeling project, visit homeforlife2014.com. 

Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM

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"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your

fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games—you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

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Autonomy and Independence

Cooperative businesses worldwide are guided by the Seven Cooperative Principles, adopted and adapted since 1895 by the International Cooperative Alliance. Abiding by the principles helps cooperatives adhere to the values that bind cooperative businesses everywhere.

The universal definition of a cooperative is “an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically—controlled enterprise.”

The universal values by which cooperatives operate are based on “self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.”

What You Can Do

- Attend your cooperative’s annual meeting.
- Vote for your cooperative’s board of directors.
- Learn about the identity, values and principles of cooperative businesses at ica.coop.

These are noble ideals, but they are not difficult to understand, nor are they difficult to follow. All of the 26 member-owned electric cooperatives in North Carolina understand and follow these ideals. Working for their membership reminds employees of these ideals

every day. Cooperatives are in business just like any other enterprise, but they don’t conduct business “as usual.” They operate solely for the benefit of their members and their members’ communities. Their primary aim is not to earn a profit for shareholders or anyone else, but instead to maintain the business in a sound manner, to perform the best possible services safely and at a reasonable cost, to contribute to the stability of their communities, and to




return any “profits” or margins to their members in proportion to their participation or patronage.

Cooperative Principle No. 4: Autonomy and Independence

“Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.”

As businesses, the nation’s electric cooperatives—and there are more than 900 of them—operate independently, controlled by their membership and not by government, parent businesses or any other institution or agency. As the principle states, they may enter into business agreements—such as agreements for purchasing wholesale power, or obtaining loans from their own national financing cooperatives or the federal Rural Utilities Service—but such agreements do not compromise members’ ownership or a cooperative’s autonomy.

An example of your cooperative’s independence includes the annual election of boards of directors. Each member-owner of a co-op annually may cast a ballot for board candidates, who themselves are members of the co-op. The democratically elected board is accountable to the membership for managing the business fairly and carefully. The cooperative does not depend on any other entity to choose who manages the business.

Likewise, the business of the electric cooperatives in North Carolina is not regulated by government in the way other utilities are. While they are subject to federal, state and local laws like any other business—and are subject to review by the state agency North Carolina Rural Electrification Authority—North Carolina’s cooperatives regulate themselves by their own democratic processes. In short, cooperatives are responsible for themselves and answerable to themselves. 

This is the 21st in a series produced by the North Carolina Association of Electric Cooperatives. See the entire series at carolinacountry.com

COOPERATIVE PRINCIPLE

#4

AUTONOMY & INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

Can all-new women's only hair system regrow thicker fuller hair? Clinical results say yes!

If you think hair loss only affects middle-aged men, think again.

"Over 30 million women in the U.S. have some form of hair loss, and if they do nothing it will get worse" shares internationally renowned hair restoration surgeon, Dr. Robert Leonard.

There's a number of reasons why hair loss in women is now increasingly more common: crash dieting, low iron levels, hormone changes and certain medications can take their toll. Genes also play a large role. If a woman's mother has thin hair or bald patches then chances are exceedingly greater for the daughter to suffer as well.

And suffer they do. "In our culture, hair is bound up in notions of womanhood and sexual attractiveness. Plus, we live in such an appearance-driven society that our looks often become one of the largest factors contributing to our self esteem," said leading psychologist Dr. Linda Papadopoulos. We all have about 100,000 hairs on our head. And everyday we naturally lose between 50 to 100 strands, but how do you know if you're losing too much?

"Many of my female patients come in after they have thought for some time that their hair was thinning. Sadly by that time they have already lost a significant amount of hair." says Dr. Leonard.

To help gauge hair loss, find a consistent 'measuring stick.' It could be anything from a hair brush, the drain in your shower or even the head rest in your car. Everyday make visual reference to the area and clean it off, then repeat the process. If you notice that your hair is falling out at a faster rate, then action on your part is necessary. The good news is that treatment for hair loss is easier than ever to find. You just need to know where to look.

"It is never too late to FIGHT HAIR LOSS and regrow your hair." adds Dr. Leonard.

Look for products with proven FDA ingredients and have a high satisfaction rating. And as always, the sooner you do something about it the better off you'll be.

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The Keranique Complete Hair Regrowth System contains a hair treatment that is actually the only FDA-approved ingredient that's clinically proven to fight hair loss and actually re-grow women's hair.

Why Are Millions of Women Losing Their Hair?

It's an epidemic that's rarely talked about, but its effects are devastating. If you're one of the 30 million women suffering from the heartbreak of hair loss or thinning hair, every day is a nightmare.

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Up until now, hair loss was a topic reserved only for men. It seems that it's okay for men to lose their hair. For women, it's a different story.

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After years of research, we've developed a complete therapy that promises to change your life forever.

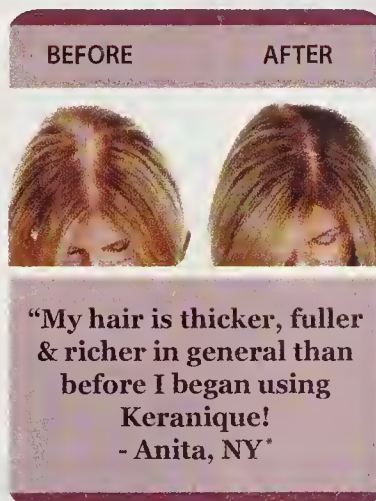
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Slow & steady COOKING



SLOW COOKING FITS DELICIOUSLY WITH BUSY LIFESTYLES

by Carole Howell

Of all the time-saving and energy-saving kitchen appliances to emerge during the past 40 years, the tried and true slow cooker has enjoyed staying power long after the hottest new kitchen gadget has landed in the yard sale.

Slow cooking has so many advantages. I love the ease of a one-pot, ready-to-eat entrée. Cleaning up is no problem, and on days when I arrive home only to head out to a meeting, church or a ball game, a healthy dinner ready to go means we're not eating expensive, unhealthy fast food.

Think past using your slow cooker only for winter soups and stews. A light entrée prepared in a slow cooker means not heating up the stove and oven on summer days, a real drain on your air conditioner and power bill.

For overnight visitors, I like to prepare a breakfast dish such as French Toast Bread Pudding to entice my visitors out of bed and to the table. Sausage gravy, kept warm in the slow cooker and served over hot biscuits, is always a big hit with guests. For the holidays, I often mix a hot cheese dip or spiced apple cider in a slow cooker, ready in no time to add to the buffet. For pot-luck celebrations, your dish arrives warm and ready to serve. 

Carole Howell is an independent writer in Lincoln County. Read more about her at walkerbranchwrites.com

Chicken and Artichokes

All you'll need to complete this easy meal is a tossed salad and a big loaf of crusty bread.

- | | |
|-------------------------------------|--|
| 8 boneless, skinless chicken thighs | 1 clove garlic, peeled and minced |
| ½ cup chicken broth | ¼ teaspoon freshly ground black pepper |
| 1 tablespoon fresh lemon juice | 1 (13-ounce) can artichoke hearts, drained |
| 2 teaspoons dried thyme | |

Add all ingredients to the slow cooker; stir to mix. Cover and cook on low for 6 hours. If necessary, uncover and allow to cook for ½ hour or more to thicken the sauce.

Note: You can use thawed frozen artichoke hearts in place of canned ones. Or, if all you have on hand are marinated artichoke hearts, drain them and add them to the recipe; simply omit the thyme and garlic if you do.

Serves 4

From "The Big Book of Slow Cooker Recipes" by Rachel Rappaport. Copyright © 2013 F+W Media, Inc. Used by permission of the publisher. All rights reserved.



French Toast Bread Pudding

Bits of apple and sausage dot this casserole, which can be assembled in advance and put in the cooker just before going to bed. Because it cooks in about six hours, however, it's best made in a slow cooker that has an automatic "keep warm" setting if you like to sleep in. It can also be served for brunch, lunch, or as a light supper.

- | | |
|--|--|
| 4½ cups cubed French or Italian bread | ¼ cup firmly packed light brown sugar |
| 3 large cooking apples such as Granny Smith or Rome Beauty, cored, peeled and chopped. | ¼ teaspoon salt |
| 1 teaspoon ground cinnamon | 2 cups regular or soy milk |
| ½ teaspoon ground allspice | ¼ cup pure maple syrup |
| | 12 ounces pork or soy sausage, cooked and crumbled |

Press half the bread cubes into the bottom of a lightly oiled 4-quart slow cooker.

In a large mixing bowl, combine the apples, cinnamon, allspice, brown sugar and salt. Pour on the milk and maple syrup, stirring to blend.

Carefully pour half the apple mixture over the bread and push the bread pieces down beneath the mixture to moisten them. Top with half the sausage, the remaining bread, the remaining sausage, followed by the remaining apple mixture. Press down to be sure the bread is moistened. Cover and cook on low for 6 hours.

Serves 4 to 6.

Adapted from "Fresh From The Vegetarian Slow Cooker" by Robin Robertson. (The Harvard Common Press © 2004). Used with permission.

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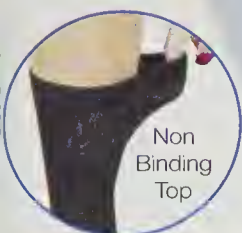
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*American volunteers helped build
a lifeline electricity system to a
hospital halfway around the world*



Last spring, a group of Americans brought electric power to a Third World hospital that had operated for years without reliable electricity. At Kudjip Nazarene Hospital in Papua New Guinea, the five doctors and 62 staff routinely saw their equipment shut down during daily power outages.

"Imagine the lights going out in the middle of surgery," says Ken Thomas, one of the Americans on the mission. "Imagine someone dying because the electricity went off and his respirator stopped working."


In the highlands of this small nation east of Indonesia and just north of Australia, Kudjip Hospital is a major facility. It treats some 55,000 patients a year, some of whom are flown in from the capital city airport at Port Morsby two hours to a local airport an hour's drive away. "Most walk in from the countryside," Ken says, "some walking up to four days just to get there."

Among the group of 20 Americans were Tommy Duckworth and Harris Morrison, linemen from Central EMC in Sanford, and from Haywood EMC in Waynesville

Terry Creason, David Mehaffey, Ken Thomas and his wife, Carol. All the men are experienced linemen for their cooperatives, all took personal leave time and paid their own expenses, and all are devoted Christians.

The 2014 mission was the culmination of a project that began in 2009, organized by Samaritan's Purse, a non-denominational, evangelical Christian relief organization based in Boone. It was Ken Thomas' third trip to Papua New Guinea. The full project involved coordinating with the national power utility, building a dam and hydropower plant, redesigning and rebuilding the power delivery system and the hospital's electric system.

Papua New Guinea society is mostly very primitive, with no electricity, and in some places dangerous (the Americans witnessed an impromptu stoning that killed a woman). But the people welcomed the American mission and prayed with them.

Read Ken's complete story and see more pictures at carolinacountry.com. 

***Above:** Some of the crew heading out for the day. Shown (left to right) are Tom Garber (Pennsylvania, head of International Technical Electric & Construction, also a nondenominational ministry), Terry Creason (Haywood EMC), Harris Morrison and Tommy Duckworth (Central EMC), Gerard Rowe (North Carolina), David Mehaffey (Haywood EMC), Bill Hanczar (Pennsylvania), Ken Thomas (Haywood EMC), and Gene Flewelling (Pennsylvania).*

***Top left:** Designed by Bill Wright, project leader, electrical engineer and CEO of PowerQuest World Wide Ltd., local workers built the 265-kilowatt hydropower dam and plant over five years. (They hand-mixed 32,000 bags of concrete and hauled it by wheelbarrow.)*

***Top right:** Some 50 members of a local bush church welcomed the volunteers jubilantly to worship with them. Using a small generator*

and projecting onto a bed sheet, the crew showed them a video of the life of Jesus. It was probably the first video any of them had ever seen. They lavished the volunteers with a harvest from their gardens: fresh pineapple, oranges, passion fruit, cucumbers, broccoli, sugarcane and more.

***Middle left:** All new line construction going up. On the pole are Terry Creason and David Mehaffey of Haywood EMC.*

***Middle right:** A mother in the pediatrics ward. **Below:** Family and friends remain outside the hospital while patients are treated. They sleep outside and use the water supply (rainwater from the adjacent cistern) to wash clothes.*

***Bottom left:** Selling chickens in the marketplace.*

***Bottom right:** The hospital's pediatrics ward.*



HOMEGROWN FOR THE HOLIDAYS

Show your good taste by giving North Carolina foods as gifts

by Leah Chester-Davis



Honey from local beekeepers, like this batch at Old Hampton Store in Linville, makes a sweet gift.

Other resources

Foothills Fresh
foothillsfresh.com

Blue Ridge Food Ventures
advantagewest.com

Carolina Grown
carolinagrown.org

Appalachian Sustainable
Agriculture Project
buyappalachian.org

Handy gift guide

Check out Carolina Country's
Holiday Gift Guide on pages 32-38
in this issue for more great local
food products.

See photos and a video about
chestnuts and High Rock Farm at
carolinacountry.com



North Carolina has an abundance of food entrepreneurs who produce high quality, tasty products. The range is amazing – everything from smoked trout caviar to butter pecan syrup.

Gift-giving is easier when you tap into the local foods offerings. The gifts are unique and usually well received. Most everyone likes to eat!

Purchasing from a local business person is a feel-good move. And it makes economic sense in that you are supporting your local economy and community. According to Rebecca Dunning, an economist with the Center for Environmental Farming Systems, research indicates that food produced and consumed locally creates more economic activity in an area than does a comparable food produced and imported from a non-local source.

It also helps spark a culture of entrepreneurship in communities. According to the N.C. Department of Agriculture & Consumer Services (NCDA&CS), there are more than 3,000 small food businesses in the state, attributed, in part, to an increased interest in local foods. While the state lost some small food businesses in 2008 during the economic downturn, the state is now seeing many startup companies with a tremendous amount of variety, according to Myrtle Earley, a marketing specialist with NCDA&CS.

Local food sales have grown significantly in the last five years, particularly in western North Carolina. According to the 2012 Census of Agriculture, released by the U.S. Department of Agriculture this past May, direct sales alone have increased by nearly 70 percent in the western region, from under \$5 million in 2007 to more than \$8 million in 2012.

Delicious, nutritious ideas

For the holidays, order your food gifts now and you'll have time to truly enjoy the season, rather than having to hit the mall for something made overseas. Food items also make wonderful host and hostess gifts.

Here are ideas to consider:

A share *Community Supported Agriculture*, known as a CSA, is a gift that keeps giving. A CSA means that you pay for a portion of the food production in advance and, in return, you or your gift recipient will receive shares in a farm's bounty throughout the growing season. There are more than 150 CSAs in North Carolina. Visit ncfarmfresh.com to find one near you.

Honey from a local beekeeper makes a nice hostess gift, stocking stuffer or gift basket item. Pair local honey with cookies or pastries from a local bakery, along with a specialty tea, and you might get invited for afternoon tea.

Herb farms across the state sell both *fresh and dried herbs*. This time of year, in particular, dried herbs are delicious condiments. Pair little packages of bread dipping herbs with freshly baked bread from a local baker. Herb packets can be ordered from piedmontlocalfood.com. Herbs also pair well with many produce items.

North Carolina *pecans* are a perfect gift for home cooks or for anyone who loves a healthy snack. Their freshness puts store-bought nuts to shame. Some grocery stores have a local foods section with packaged North Carolina pecans. Place the pecans in a pretty tin for a nice gift. You can also season pecans if you want to add a homemade touch. An Internet search will yield many seasoned and spiced pecan recipes. Some



Chatham County's Cackalacky "southern spice" products have won national awards.

Cackalacky

pecan companies sell chocolate-covered pecans and other pecan candies. Find them at the N.C. Department of Agriculture's website: gottobenc.com (Check the "Find NC Products" section, including its General Store).

Peanuts are a popular snack. Individuals, small businesses and companies alike are turning to local food companies to fill their gift orders. Most clients will be happy with a local food gift. Check gottobenc.com for peanut companies.

Gluten-free products are in demand. Chestnut farmers in the state offer *chestnut flour*, which is an excellent gluten-free option. It has a rich, nutty, earthy flavor and can be used in crepes, cakes and other dishes. One such farm is High Rock Farm in Gibsonville—order from high-rock-farm.org.

Take fresh North Carolina *seafood* to holiday gatherings. Oysters are especially welcomed during the year's-end holiday season. Find out what's in season at nccatch.org.

North Carolina reigns when it comes to sweet potatoes. A delectable appetizer to add to a gift basket is *Millchap Sweet Potato Company's crackers*. Pair them with goat cheese from one of the state's many goat farms! Millchap, based in Charlotte, gets a shout-out because its crackers won the Gold sofi award at the Fancy Food Show in Washington, D.C., a couple years back. Sofi stands for specialty outstanding food innovation, and honors the best of the best in specialty foods and beverages. Finalists are selected by a national panel of specialty food professionals. The sweet potato crackers are sold at Southern Season, Whole Foods and other select locations. Learn more at millchap.com.

Other products that have won sofi awards in recent years are *sauces* from Race City Sauce Works, north of Charlotte. Among its winners are the Roasted Poblano & Green Olive Vinaigrette and the Absinthe & Herb Vinaigrette. Its Deadwood Taco Sauce won first place in the New York Hot Sauce Expo with judges from the New York Times and the Food Network, among others. Find Race City products at racecitysauceworks.com.

Another North Carolina prize winner in the national arena comes from Vintage Bee in Durham. Their creamed *honey products* were a finalist last year in the sofi awards. The company slowly spins honey until it is extra smooth and creamy, then adds fruit and spices. Flavors include White Chocolate Almond Creamed Honey, Chocolate Mint Creamed Honey, Raspberry Creamed Honey and Spiced Apple Creamed Honey. Vintage Bee's owners are members of Wake EMC. They currently sell 12 different flavors at vintagebee.com and at many locations.

Cackalacky, based in Pittsboro, bills itself as a Southern Spice Company. It, too, has been recognized in the national sofi awards competition. Try the Cackalacky Cheerwine Sweet Sauce and Cackalacky Spiced Nuts, both made with local ingredients. Its full product list is at cackalacky.com.

Sunburst Trout Farms of Canton, located in Haywood EMC's service area, has been around since 1948. Their *mountain trout products* range from exotic rainbow trout caviar and smoked trout dip to smoked trout fillets, many in gift boxes. Visit sunbursttrout.com.

There are also barbecue and pasta sauces, muscadine salsas, jams, jellies, goat cheese, Shiitake mushroom powder, granola and many other items. Again, gottobenc.com is a great resource for many North Carolina products.

Don't forget North Carolina *wine*! Find a list of vineyards and wineries at ncwinegrowers.com, the site for the North Carolina Wine Growers Association.

Your presentation can be as simple as a festive ribbon around a bottle of wine to an elaborate, themed gift basket. And some farms offer gift certificates. If all these options make your head spin, purchase gift certificates and let the recipients select their own goodies! 🍷

After many years with N.C. State University and other organizations, Leah Chester-Davis opened her own communications business. She got her start as a 4-H'er giving small kitchen appliance demonstrations for her electric cooperative.



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CAROLINA COUNTRY scenes Photo of the month

Proud

This is my son Chief Warrant Officer (CW2) William Justin Fann when he was stationed in Kosovo in 2013. He's on the Macedonia border. He is now deployed to Afghanistan with the 3rd Special Forces Group out of Fort Bragg. He is a 2003 graduate of Midway High School in Spivey's Corner. His wife is the former Charlene Slaughter and they have one son, Bristol. His family is very proud of him and waits for his return home.

Jeanne S Date, Godwin, South River EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2014 photo contest ("Carolina Country Scenes," February 2014). See even more at the Photo of the Week on our website carolinacountry.com.



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Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay \$50 for each one that we publish in our Carolina Country Scenes gallery in the February 2015 magazine. Judges will select more for a new "Photo of the Month" feature and we'll pay \$50 for those.



RULES:

Deadline: December 10, 2014.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels.
 Prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

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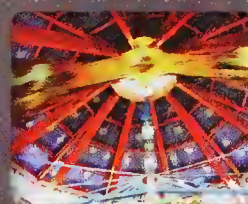
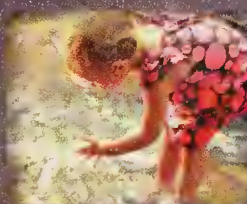
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 Raleigh, NC 27616

CAROLINA COUNTRY SCENES photo contest



Ready to Roll

Electric vehicles are gaining ground in North Carolina

by Kristi Jacobsen



Electric vehicles have come a long way since they were first developed in the 19th century. The first successful American electric vehicle was invented by William Morrison of Des Moines, Ia., and it reached a not-so-speedy top speed of 14 miles per hour. Today, electric vehicles accelerate much quicker—the Tesla Model S P85 can do 0 mph to 60 mph in 4.2 seconds—and their list of additional benefits is growing longer.

Electric vehicles were reintroduced in 2010 in the U.S. The Electric Drive Transportation Assn. reports that there are more than 230,000 registered electric vehicles, a 326 percent increase from just two years ago, when 70,500 electric vehicles were on American roads. North Carolina is seeing a steady increase in electric driving as well, with 3,100 vehicles registered since late 2011 in 92 of the state's 100 counties.

An electric vehicle uses electricity as its primary fuel or uses electricity along with a conventional engine to improve efficiency. Owners are purchasing the vehicles for all kinds

of reasons. Many decide to buy when they hear about the fuel savings. Drivers see around \$1,300 in savings a year, compared to gasoline auto expenses, when they drive an average of 12,000 miles. They also can realize substantial tax credits that encourage low-emission and emissions-free driving. Additional benefits include environmental improvements because of reduced vehicle emissions, energy independence by way of using locally-generated electricity, and economic development due to the increase in local job opportunities from a growing demand for the vehicles.

The vehicles are also gaining support because of their driving performance. They are much quieter to operate than previous models, and a gearless or single gear design in many electric vehicles eliminates the need for gear shifting, giving the vehicles smoother acceleration and braking. Electric vehicles also have a high torque over a large

range of speeds during acceleration. As explained by Kyle Brown of Apex, who drives a Chevy Volt, "It's kinda cool when you have a loud Corvette or other internal combustion engine sports car pull up beside you at a stop light and then you just leave it far behind when the light changes."

Getting a charge

Cities and businesses across North Carolina are beginning to prepare for the changes that will come as more electric vehicles begin driving on local roads. The biggest change that will need to be made is the installation of charging stations, where drivers can plug in their cars to refuel. Currently, there are more than 512 public charging stations installed across the state. Around 10 of these are publically available DC Fast Charge stations, which can charge a vehicle to 80 percent capacity in under 30 minutes. The DC Fast Charge Stations are located on many of the major highways including

Planning to buy one?

Electric cooperatives support the use of electric vehicles and will help members who plan to acquire one. Notify your co-op if an electric vehicle is in your future. The co-op can analyze the equipment at your home or business to ensure its adequacy and safety for charging your vehicle.

Piedmont EMC, based in Hillsborough, has two Ford C-MAX Energi Plug-In hybrids—part of a new class of vehicle known as a “hybrid plus.” These cars are designed to deliver maximum efficiency by combining a state-of-the-art rechargeable plug-in battery and electric motor with a gasoline engine. The two cars average about 70 MPGe (the equivalent measure of gas fuel efficiency for electric mode operation). The co-op offers a free Electric Vehicle Calculator to help members determine the expected costs and savings associated with electric vehicles. Members can visit pemc.coop and search “EV Calculator” to find the calculator and additional information to make an informed decision to determine which electric vehicle is best for them.

I-85 (Gastonia and Durham) and I-40 (Raleigh). There are also a few stations on Hwy. 64 in Pittsboro, Apex, Rocky Mount and Plymouth. Drivers can find their closest public charging station by using apps and websites like Plug Share and the U.S. Department of Energy’s Alternative Fueling Station Locator.

Charging stations can be installed for private or public use. Many cities, towns and counties are installing charging stations for all residents and visitors to use. The EnergyUnited cooperative installed a charging station at its Statesville office and one at Childress Vineyards in Lexington, both available to the public. (EnergyUnited also has a limited rebate program for members who acquire electric vehicles. Find details at energyunited.com) The town of Dallas in Gaston County installed four public charging stations off Trade Street, one of the most heavily traveled routes in the town with around 16,000 cars passing through a day.

Businesses and colleges are also installing the stations for use by their employees, students and visitors. The University of North Carolina at Pembroke is the first college in North Carolina to become a partner with the U.S. Department of Energy’s Workplace Charging Challenge, an initiative to increase charging at businesses across the country. The school is installing two charging stations and a 2-kilowatt solar system to reduce the campus’ carbon emissions. The school is also developing an electric vehicle plan with input from faculty, staff and students.

A job creator

In addition to charging station installations, North Carolina is also seeing growth in local jobs related to electric vehicles. Rockwood Lithium, Inc., expanded their manufacturing facility in Kings Mountain, Cleveland County, in

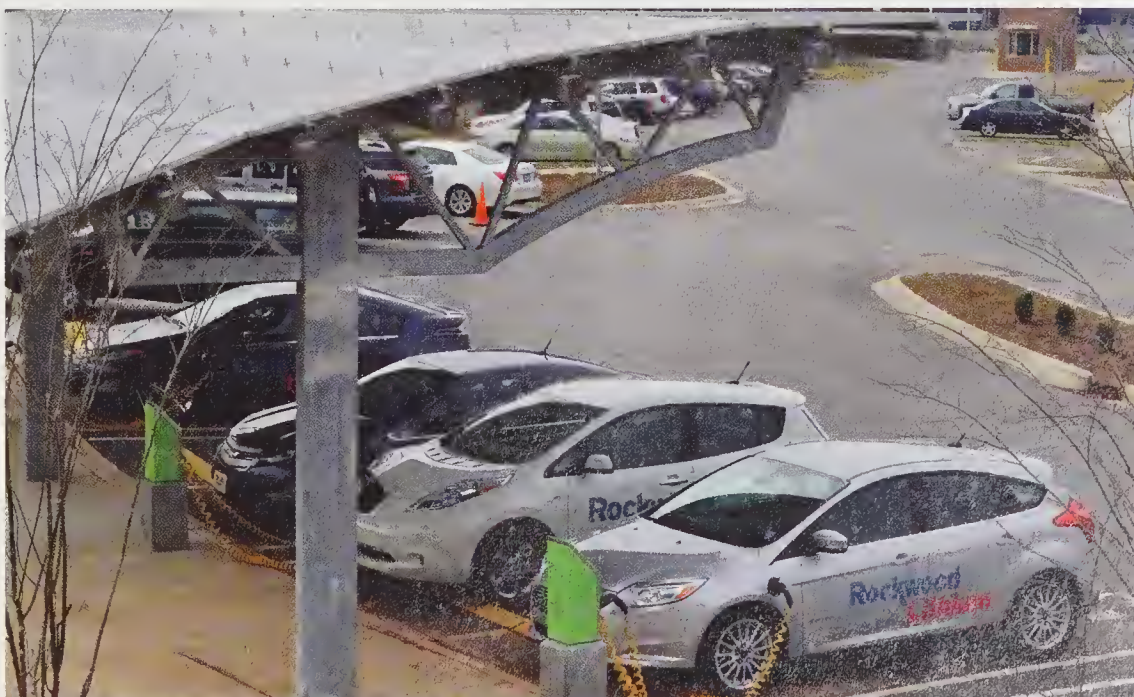
2012 to increase production of lithium hydroxide, a key ingredient in batteries for electric cars. The Kings Mountain facility has 150 employees and concentrates on battery development, engineering and company operations. The facility also has charging stations installed for employees to use.

At the other end of battery manufacturing is battery recycling. Umicore, a global materials technology and recycling group, has a location in Maxton, Robeson County, that is doing just that. The Umicore recycling plant receives end-of-life battery packs and dismantles them manually. They remove metals like steel, aluminum and copper wiring and recycle them locally in North Carolina. The battery cells are also removed and shipped to Belgium where recycling of the cell’s critical elements—cobalt, nickel and copper—is completed. Umicore has partnerships with many car manufacturing companies and is studying when they will see more end-of-life batteries come through the plant.

Electric vehicles are making a significant impact in North Carolina, both in increased adoption and job opportunities. Electric drivers are also continuing to support their decision by encouraging others to learn more about the vehicles and sharing their experiences. As Bruce Moore from Cary explained, “My father was born in 1919. He grew up when the automobile was going mainstream. I saw an opportunity to be the next generation to take electric vehicles mainstream. Best decision I ever made.”

Kristi Jacobsen is outreach coordinator with Advanced Energy, a Raleigh-based non-profit organization that performs design and implementation, consulting, training, testing and research for electric utilities, governments and other partners.

Learn More
Learn about Advanced Energy's electric vehicle work in the Programs section of advancedenergy.org.
See a video of workplace charging stations in North Carolina at carolinacountry.com



Rockwood Lithium in Cleveland County expanded recently to produce lithium hydroxide for electric car batteries. The manufacturer has charging stations for employee vehicles.

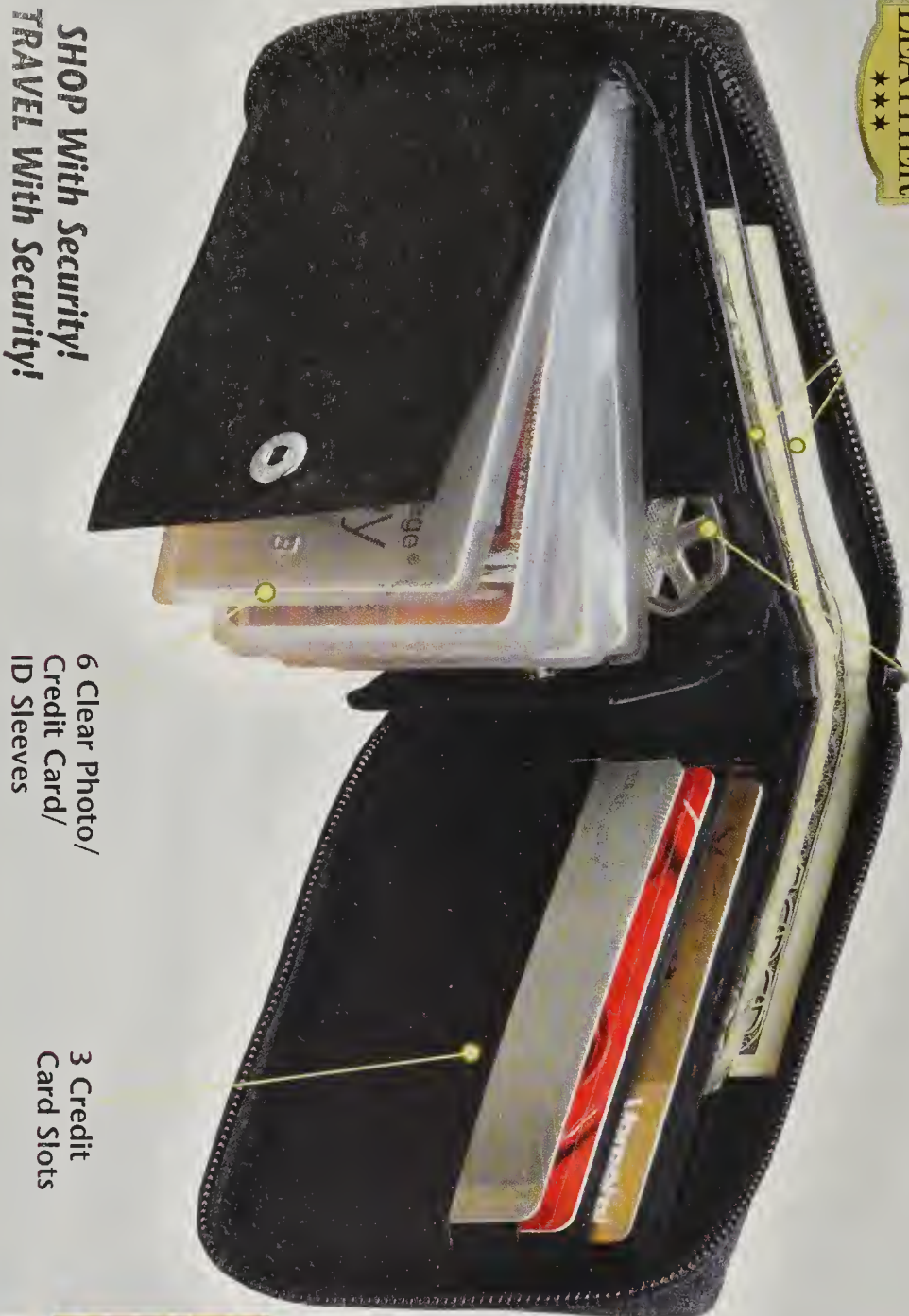
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Waste not

You can recycle construction debris

Today, there are so many environmentally friendly choices you can make when renovating a home. You can choose engineered lumber to conserve wood, water-saving faucets and energy-efficient appliances to preserve precious resources.

Yet perhaps the most environmentally significant decision you'll make during any remodeling project isn't what you'll put into your home, but what you'll do with the materials you remove.

Tossing construction debris into a dumpster has been common practice for all too long, notes Carl Seville, a builder, educator and sustainability consultant to the residential construction industry. "With a little basic planning and proper jobsite management, you can reduce renovation waste by more than 50 percent," says Seville, owner of the Atlanta-based firm Seville Consulting (sevilleconsulting.com).

Seville practices what he preaches. Take the EarthCraft/TecHome Showcase House he built for the Southern Building Show. "We made use of every possible material that was removed from the existing home that was demolished," Seville says. "Lumber was ground into wood chips that were then used for on-site erosion control. Large, serviceable boards were donated to furniture makers. We re-used stone and brick in nearby renovation projects. Other materials, like concrete and broken brick, were ground up and used as gravel during construction."

What can you recycle and who will take it?


Some of the most common items usually jettisoned are also the simplest to repurpose. Cabinets, plumbing and lighting fixtures, windows and appliances that are serviceable but outdated can be donated to non-profit groups like Habitat for Humanity (or your local equivalent). Ask first if the group will pick up items before driving them there.

"Copper wiring and plumbing, aluminum gutters and non-ferrous metals all provide a fairly reasonable return for your time and effort," Seville says. Take them to a metal recycling facility.

Broken bricks and chips, concrete block, asphalt roof shingles, clay roof tiles and ceramic tiles can be ground into gravel, as can toilets and porcelain sinks. Check with grinding companies to see materials they will accept. Landscape contractors may want older bricks, which they can use to add instant character to walkways.

Habitat ReStores in N.C.

Habitat for Humanity ReStores are nonprofit home improvement stores that sell new and gently used furniture, home accessories, building materials, and appliances at a fraction of the retail price. To find the nearest ReStore to you, enter your zip code at habitat.org/ReStores

For wood, framing lumber that is still straight and true can sometimes be reused, and unpainted lumber can be ground into mulch, Seville says. Don't forget to consider the type of wood. Older homes often were constructed using rare wood considered valuable today, like heart pine. Contact a lumber milling company to see if it makes sense for them to re-mill and reuse the boards. 

—IE News Service



While recycling construction debris is more involved than tossing a plastic water bottle into a recycling bin, it is well worth the effort. Many materials can be repurposed, while others, like bricks and untreated wood, can be ground into mulch or gravel.

Ideas for Day Two turkey

Nutritional ways to take leftovers beyond a sandwich

After spending hours roasting your turkey to perfection, you might prefer making your turkey leftovers into another entrée, rather than the usual sandwich. With a little creative pre-shopping and stocking, you can take your Day Two turkey from boring to amazing.

Simple, fresh ingredients full of nutrition and flavor can take leftover turkey to a different level, says Marisa Paolillo, nutritionist with NuVal. NuVal's nutritional scoring system uses a scale from 1 to 100. Foods and beverages are scored based on their nutritional content, with the most nutritious choices scoring highest. Some grocery retailers, include Kroger's pilot program in some areas, now provide these scores on food shelf tags to help shoppers find more nutritious food choices.

The experts at NuVal suggest putting these power-packed foods on your grocery list to create new menu options for turkey leftovers. Here are some ideas with NuVal scores:

Spice it


Pair reheated turkey with baked spiced apples. Core and slice fresh apples (NuVal 100) and combine with raisins (NuVal 88), chopped pecans (NuVal 71), cinnamon and lemon. Roast for 30 minutes at 375 degrees. No need to add sugar. The apples provide all the sweetness you need.

Wrap it

For a lighter take on the traditional sandwich, chop cold turkey in small pieces and layer with raw vegetables, avocado (NuVal 88), mustard, Romaine lettuce (NuVal 100), tomatoes (NuVal 100), sliced red or green bell peppers (NuVal 100), shredded carrots (NuVal 100) and cucumbers (NuVal 100) in a tortilla wrap.

Curry it

Need a quick 30-minute post-Thanksgiving meal? This savory and sweet recipe is simple to make and combines protein-rich turkey with the earthy flavors of mushrooms and the sweet, spicy tones of raisins and curry.

Find more recipes, food scores and ideas for nutrient-rich ingredients to spice up your holiday dishes at nuval.com. 

—*FamilyFeatures.com*



Curried Turkey with Raisins and Mushrooms

- 1½ teaspoons extra virgin olive oil (NuVal 18)
- 12 ounces boneless, skinless turkey breast diced into one-inch cubes (NuVal 57)
- 2 cups fresh white mushrooms (NuVal 100)
- 2 cups sliced cremini mushrooms (NuVal 100)
- ½ medium red or green bell pepper, chopped into squares (NuVal 100)
- 2 cups chicken or turkey broth
- 1 cup raisins (NuVal-88)
- 2 cups instant whole grain rice (NuVal-91)
- 1½ tablespoons curry powder
- Basil leaves, chopped (NuVal-100)

Heat extra virgin olive oil in large saute pan. With heat on medium high, heat up leftover turkey in pan. If turkey is raw, cook turkey strips at least five minutes.

Add mushrooms and bell pepper and cook for 3 to 4 minutes. Add broth. Mix in raisins, rice and curry powder. Bring to boil then reduce heat and cover. Simmer until rice is done.

Fluff with fork, remove from heat. Let sit three to five minutes and garnish with basil before serving.


Draft dodgers

Weatherstripping keeps your home cozy

By Amber Bentley

As it becomes colder, drafts around windows and doors let in cool air. It's a good idea to check your house to make sure heat isn't escaping. If it is, the best solution is to weatherstrip your home. This is typically an easy fix that will help you cut your power bills.

Sometimes drafts are obvious; sometimes not. Here are two quick ways to find out if heat is escaping: For doors, look for daylight between the door and its frame. If you see even a hint of light in between, you need to weatherstrip that area. For windows, place a piece of paper between the sash and the seal. Then close the window. If you can remove the paper without ripping it, you need to weatherstrip that area as well.

There are several inexpensive materials available to you (see graphic). Do this before you begin weatherstripping: be sure the surface is dry and clean, measure the area more than once for best accuracy, and apply so that strips compress both sides of the window or door. 

Amber Bentley writes on energy efficiency issues for the National Rural Electric Cooperative Association.

Weatherstripping windows

- Place stripping between the frame and the sash.
- Be sure that it compresses the window when shut.
- Check to make sure that the stripping doesn't interfere with window movement.

Weatherstripping doors

- Choose the proper sweeps and thresholds for your door.
- Weatherstrip the entire door jamb.
- Make sure the stripping meets tightly at both corners.
- Allow for a tight press between the door and the ground, but don't make the door difficult to shut.

WHAT WILL I NEED TO WEATHERSTRIP DOORS AND WINDOWS?

There are a variety of materials available to weather strip your home. Here are a few options to help you choose:

*Apply weather stripping around the door frame and stop. At the bottom of a door, install a door sweep, door shoe or threshold; or apply reinforced-foam weather stripping. Apply weather stripping at the top and bottom of window sash.

FELT

Reinforced with a flexible metal strip.

Should be stapled, glued or tacked into place.

Cost: Low

Advantages: Easy to install and inexpensive.

Disadvantages: Low durability. Do not use where exposed to a great deal of moisture. All-wool felt is more durable but very visible.

ROLLED OR REINFORCED VINYL

Pliable or rigid strip gasket (attached to wood or metal strips).

Cost: Low to moderate.

Advantages: Easy installation, various colors to help with visibility and some types of rigid strip gaskets provide slot holes for height adjustment.

Disadvantages: Can be difficult to install and very visible.

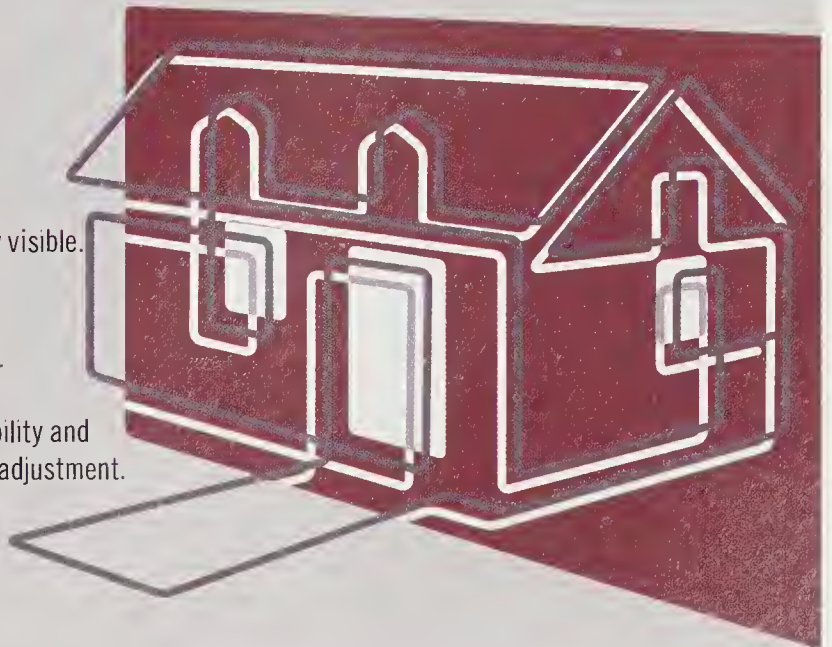
REINFORCED FOAM

Closed-cell foam attached to wood or metal strips.

Cost: Moderately low

Advantages: Effective sealer, rigid, proven to work well.

Disadvantages: Very visible.



Source: Department of Energy

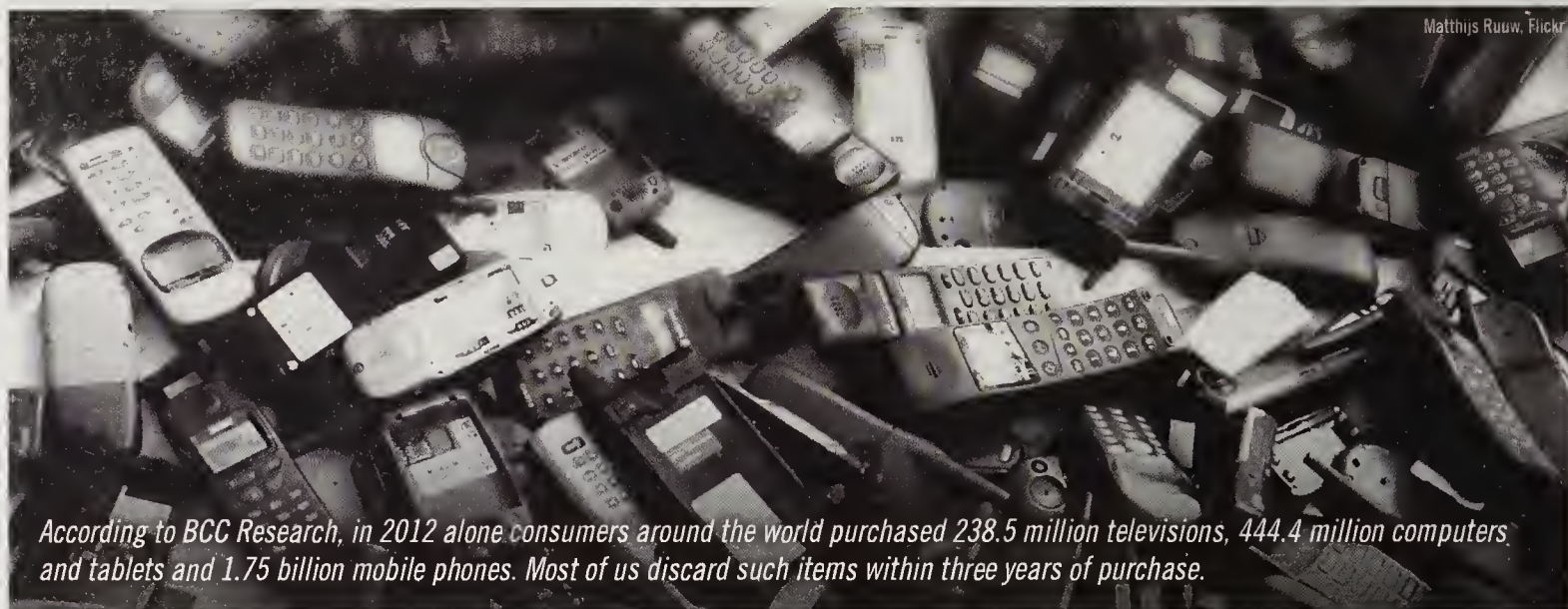
*For more weather stripping options, visit

<http://energy.gov/energysaver/articles/weatherstripping>

Discarded electronics

The mounting volume of waste prompts action on taking it back

The fastest growing waste stream in many countries is made of electronic equipment and gadgets. It's growing at about 8 percent a year.



According to BCC Research, in 2012 alone consumers around the world purchased 238.5 million televisions, 444.4 million computers and tablets and 1.75 billion mobile phones. Most of us discard such items within three years of purchase.

According to BCC Research, consumers around the world in 2012 purchased 238.5 million TVs, 444.4 million computers and tablets and 1.75 billion mobile phones. A recent study conducted by researchers from the Massachusetts Institute of Technology (MIT) on behalf of the United Nations found that the growth in demand for and manufacturing of new electronics will result in a 33 percent increase in e-waste globally between 2012 and 2017.

Is e-waste any more of a problem than regular garbage? "Some of the


materials in personal electronics, such as lead, mercury and cadmium, are hazardous and can release dangerous toxins into our air and water when burned or deposited in landfills improperly," reports the non-profit Natural Resources Defense Council (NRDC). "And throwing away metal components, like the copper, gold, silver and palladium in cell phones and other electronics, leads to needless mining for new metals."

Today, some 80 percent of unwanted electronics are disposed of improperly. "E-waste is either discarded or exported to emerging nations, where open-air burning and acid baths are used to reclaim precious metals and other elements," reports Maureen O'Donnell in EHS Journal. The lack of proper controls in such countries, she says, has led to elevated lead levels in children and heavy metals pollution of soil and water.

The good news is that many nations have enacted laws to hold manufacturers responsible for the future e-waste created by their products. The European Union has led the way with

its Waste Electrical and Electronic Equipment (WEEE) Directive, which calls on electronics makers to "take back" their products for recycling when consumers upgrade to something new, and restricts European countries from exporting or importing e-waste. Japan and China are among other countries that have passed similar laws.

The U.S. government has yet to follow suit, but the Electronics Takeback Coalition (ETC) reports that 21 U.S. states have implemented their own "take back" laws, and other states are considering similar legislation.

Additionally, manufacturers are adopting voluntary e-waste recycling certification standards. One is the e-Stewards program, which helps those looking to dispose of obsolete electronics identify recycling options that adhere to high standards. Another program, R2 Certification, run by the non-profit SERI, is supported by DirecTV and Microsoft, among others. 

From EarthTalk, by Roddy Scheer and Doug Moss, a registered trademark of E – The Environmental Magazine (emagazine.com). Send questions to: earthtalk@emagazine.com.

Resources

- ETC:
electronicstakeback.com
- e-Stewards:
e-stewards.org
- SERI:
sustainableelectronics.org
- WEEE:
<http://ec.europa.eu/environment/waste/weee/legislation.htm>

**WHERE IN
CAROLINA COUNTRY
IS THIS?**

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Nov. 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com
By e-mail: where@carolinacountry.com
Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our December issue, will receive \$25. To see the answer before you get your December magazine, go to "Where Is This?" on our website carolinacountry.com.



October winner

The October picture came from George Wayne and Linda Aycok, members of Carteret-Craven Electric. It shows a metal dinosaur located at Benton & Sons Stainless Steel on Hwy. 581 in the Nahunta community near Pikeville, Wayne County. Readers told us Mr. Benton built it for his grandson Brantley, and that it's named either "Useless" or "Awesome." More than 200 of you submitted the correct answer, and the winning entry, chosen at random from all correct submissions, was from Sylvia Overman of Fremont, a member of Tri-County EMC.



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Doc Johnson

My mother-in-law, Rosa Winebarger, says of her grandfather Hoy Monroe "Doc" Johnson, "I was his pet."

Doc tended a small farm on the upper side of New River. He never owned a car but used an old mule for transportation and to work the farm. He'd ride the old mule out to get firewood, cut down a tree, then hitch the mule to the tree to drag it back for splitting.

One day he went out, got

his mule hitched to a tree, hopped on the mule, and for reasons unknown the mule got scared and ran away, dragging the tree, with Doc hanging on for dear life.

Doc's first wife died during childbirth in 1923, leaving him with nine children to raise. In due time, he went looking for a bride and found Minnie Crowson, who lived across the river on another small farm. After courting her for an appropriate time, she and Doc got married, but she insisted on staying on her farm and Doc insisted on staying on his. She wouldn't move in with him because he lived across the river, and he wouldn't move in with her because he said her land was so poor he couldn't grow anything on it.

Doc would ride his mule to visit her when he took a notion. Rosa says that she and others would see him heading out and would holler and ask him where he was going, and he'd say, "Going to see Nig." Rosa has no idea where he got the name "Nig" for his bride, but that's what he called her.

They never did live in the same house together. I wonder: Could the fact that he had nine children, and she had never married and had no children, have been a factor in her decision?

Carol Caudill Winebarger, Traphill, Surry-Yadkin EMC

The Big Tipper

My Granddaddy Ed was the first elevator repairman in North Carolina. He worked for the Otis Elevator Company back in the early 1900s when there were only seven elevators in all of North Carolina, the majority of which were located in hotels. Every month, the wiry 6-foot-2 repairman traveled all over the state to service each elevator.

With him he carried two suitcases: one held his clothing, the other held his tools, which weighed about 100 pounds.

When the hotels had a new bellhop, they would break him in on my Granddaddy Ed. My grandfather was in on the joke, so whenever the doormen saw him coming they would say to their newest bellhop, "Look! Here comes Mr. Taylor. He's a big tipper!"

The bright-faced bellhop would run to my granddaddy and say, "Let me help you with those bags, Mr. Taylor!"

Granddaddy Ed handed over his suitcases with a smile: first his clothes, then his tools. When the bellhop lifted the second suitcase, it tipped him over amidst gales of laughter from the doormen. Huffing and puffing under the weight, the red-faced bellhop would drag that suitcase into the lobby. To doormen and bellhops all across North Carolina, "Mr. Taylor, the big tipper!" was an inexhaustible source of jokes and laughter.

Catherine Wilson, Leasburg, Piedmont EMC



Babysitting Jeremy Eason

This is a picture of neighborhood friends and classmates gathered for a birthday party at the home of Jeremy Eason, the little boy I babysat from his birth. After playing games and eating plenty of food, they posed for this picture on the deck. His mom, Gay Eason, and his teacher were there with them also. Today he is driving a big high truck. Now I now babysit his little nephew, Hunter, every now and then. I wonder how many of his friends will see this picture and recognize themselves.

Annie Taylor, Ahoskie, Roanoke Electric

Editor's note: We apologize for running the wrong picture with this story last month.

SEND US YOUR Memories

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know)

Guidelines:

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2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. Only one entry per household per month.
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House of dreams and melodies

I can remember the crisp morning air nipping at my legs as I scampered to nature's call. The worn path led to the outhouse, weathered and leaning, a familiar sight in everyone's backyard. Some folks got fancy and painted theirs, and even hung a picture on the wall.

Most were one-seaters, made for the adult anatomy. To a small child of 3 or 4, the hole looked like a big monster's mouth waiting to swallow you up (or down).

Dreams were born there, gazing through the Sears

and Roebuck catalogue. I wanted to grow up and be one of the ladies on those pages, and wear pretty clothes like they did. I sometimes wondered if there were really that many new things in the world, because we sure never had them. We weren't fortunate to have soft, scented toilet paper, either. But not ever having seen the real thing, we didn't miss it.

My fear of spiders probably stemmed from this humble place. I just knew that one was going to bite me from underneath. Luckily, I escaped that terrible fate, but I hung onto my fear of spiders.

Grandpa would take his harmonica and compose some of his best tunes there. We always knew where Grandpa was when strains of his favorite melody floated across the yard.

After being spoiled by modern plumbing for 30 years, I can't say that I miss the old outhouse. But at least it didn't cost \$20 dollars a month to flush it.

Brenda Okeefe Schnick, Granite Falls, Blue Ridge Electric

Sweet Pea

The day I got my little dog is one of my very first memories. We went to some friends' house for a pig pickin'. And they had puppies! My daddy told me if I could catch one, I could have it. Imagine how excited I was.

I spotted the little brown female immediately. She was so shy and fast. I chased that puppy all over the yard. I followed her under a car, behind the barn and even under the house. In the end, I went home with my puppy.

Sweet Pea was my best friend for over 12 years. She rode in my wagon and in the basket of my bike. We were inseparable. She even tried my mud pies with me. (We only tried them once.) It's hard to find a friend like that.

Wanda Garren, Lincolnton, Rutherford EMC



I was 4 years old when I got my first little dog, Sweet Pea.



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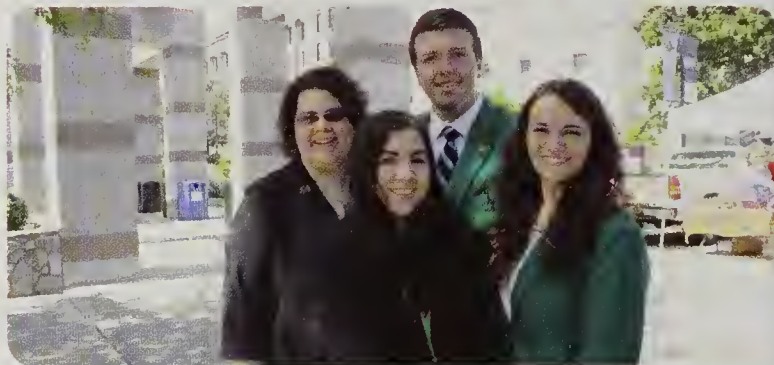
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THE 2014 NORTH CAROLINA 4-H CONGRESS GROWING GOOD CITIZENS

In June, when summer was in full swing, over 230 4-H'ers and adults from 54 counties attended North Carolina 4-H Congress and participated in the Citizenship Track. These delegates were encouraged to develop their citizenship skills as they participated in workshops taught by the North Carolina Civic Education Consortium. Delegates who attended also had the opportunity to hear dynamic speakers who encouraged and promoted youth advocacy and youth involvement.

At conference sessions and facilitated discussions,

delegates learned and shared information related to advocacy, citizenship and public policy and learned why being an educated citizen is important and how to have a voice in local communities. Hands-on workshops, distinguished speakers and open discussion help these young people discover how government impacts their everyday life.

The event culminated with young delegates in the citizenship track traveling to the Legislative Building in Raleigh to meet with their elected officials.

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Cooperative Extension's Youth Development Program

Holiday Gift Guide



“Memories” Art Print

Many people loved Ronald Ragland’s “Memories” art print that was featured in Carolina Country, so he presents it again. It depicts his father, Hugh Ragland (right), priming tobacco with associate, Albert Downey, and his mule, George, while others in the background hand and tie tobacco for the curing barn. The scene is along Durham Road in Granville County where Ronald grew up. Look for the tobacco worm in the picture. Signed and numbered prints of “Memories,” measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).



Ragland Prints

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beagleart.com

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Lu Mil Vineyard

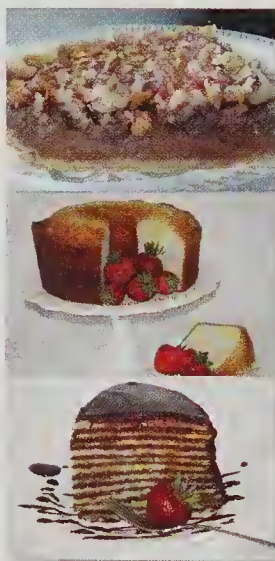
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(910) 862-1603
lumilvineyard.com





Nancy Jo's Homemade Bakery

Nancy Jo's Homemade Bakery has been tempting customers' taste buds with their popular made-from-scratch cakes and pies for over 20 years. Whether it's the tried-and-true 12 Layer Chocolate Cake, the All Butter Pound Cake, or the Southern Pecan Pie, one bite is all it takes to make you a customer for life. Nancy Jo's Homemade has the perfect gift for your corporate clients, neighbors, teachers, friends and family. Cakes and pies arrive fresh and gift packaged. Call to place your order or visit one of their five locations.



Nancy Jo's Homemade

State Farmers Market, Raleigh, (919) 661-1507
208 East Main Street, Clinton, (910) 299-5011
8600 E. Oak Island Dr., Oak Island, (910) 250-1024
Piedmont-Triad Farmer's Market, Colfax, (919) 661-1507
200 East Main Street, Suite 102, Clayton, (919) 550-7437
NancyJosHomemade.com

"First Snow" Art Print

In 1935, artist Ronald Ragland was born in this home that his mother ordered from a catalog. It came in on a train ready to be assembled. The house is located on the Roxboro Road, west of Oxford. Ronald illustrated his grandson Travis with his beagle seeing snow for the first time. Signed and numbered prints of "First Snow" measuring 16-by-20-inches are available in full color on museum quality paper for \$60.00 (includes shipping).



Ragland Prints

4215 Jane Lane
Raleigh, NC 27604
(919) 876-8747
beagleart.com



Sweet Tea Shirts

SweetTea is a North Carolina company created to celebrate our Southern dialect on colorful pigment-dyed preshrunk women's t-shirts. Today, thousands of SweetTea shirts can be seen all over the country preserving the conversational charm of the South for future generations to enjoy. Our sayings will remind you of your favorite family expressions, so grab a cold glass of sweet ice tea and check out sweeteashirts.com. You'll not only fall in love with the soft comfort of the shirt, I swanee, you'll be amazed at how many people you're gonna make smile!

Sweet Tea LLC

P.O. Box 408
West Jefferson NC 28694
(336) 877-8787
sweeteashirts.com

Aunt Ruby's Peanuts

Legendary peanuts from A&B Milling Co. in Halifax County. In our famous 20- or 40-ounce tins, and 3- or 5-pound bags, our line includes country-style roasted peanuts, chocolate clusters, roasted redskins, honey-roasted, roasted in the shell, raw shelled (we tell you how to cook them), cashews and more. For your gift list, see our combination packages, decorative gift boxes, or big savings by the case. Order online or call for our free catalog.



Aunt Ruby's Peanuts

200 Halifax St.
Enfield, NC 27823
(800) 732-6887
auntrubyspeanuts.com



Elizabeth's Pecan Products

Elizabeth has created 12 delicious pecan products with her own North Carolina pecans since 1996. Included in her product line is a world famous "soft" pecan brittle—unlike any other you've ever had. Elizabeth's latest products are Dark Chocolate brittle and Dark Chocolate pecans. The White Satin pecans and Orange Crème offer two distinct flavors with unbelievable tastes. Elizabeth specializes in client gifts and North Carolina-shaped baskets filled with various sizes and flavors of her candies.



Elizabeth's Pecan Products

P.O. Box 421

Turkey, NC 28393

(866) EAT-PECANS (866-328-7322)

elizabethspecans.com



Quilt Lizzy

Quilt Lizzy is a full-service quilt shop in beautiful historic downtown Warrenton, N.C., with thousands of bolts of your favorite name brands such as Moda, Northcott, Hoffman, Timeless Treasures, Blank, Island Batik, RJR & Red Rooster among others. We are full line dealers for Brother, Janome, HandiQuilter, FLORIANI and Horn of America. We finish your quilt tops and offer binding services. Our custom quilts, T-shirt and memory quilts or tote bags make great gifts! Find our event calendar and shop online at quiltlizzy.com. Mail or e-mail catalog available upon request.



Quilt Lizzy

110 E Macon Street

Warrenton, NC 27589

(252) 257-7117

quiltlizzy.com

Mrs. Hanes' Moravian Cookies

Our bakery doesn't manufacture cookies, we create them. Our family business is more than 60 years old, and we still make cookies by hand, using rolling pins and cookie cutters. Visit and watch our "artists in aprons," then sample our six flavors: Ginger, Sugar, Lemon, Chocolate, Butterscotch, Black Walnut. We make about 100,000 pounds per year, and there are about 100 cookies per pound. That equals 10 million cookies, each cut one-by-one using a cookie cutter. Buy economically-priced cellophane bags at the bakery. For sending gifts, we ship tins and tubes worldwide. Easy ordering on our website.



Mrs. Hanes' Moravian Cookies

4643 Friedberg Church Rd.

Clemmons, NC 27012

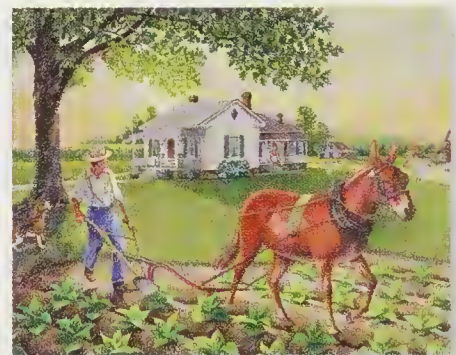
(888) 764-1402

HanesCookies.com

"Suppertime" Art Print

"Come home, it's suppertime."

These are the words Ronald Ragland heard while listening to a Southern gospel quartet in Clayton, N.C., sing the song that inspired him to paint this scene of



his grandfather's homeplace with his grandmother calling him to supper from the back porch. Signed and numbered prints of "Suppertime," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

Ragland Prints

4215 Jane Lane, Raleigh, NC 27604

(919) 876-8747

beagleart.com



"Hot Pursuit" Art Print

After so many requests to paint this scene, Ronald went to the country and watched these little beagles run after the rabbits so hard that he was inspired to do this painting. He noticed each beagle had its own personality, so Ronald worked hard to capture the look of the determined lead dog to the last dog that's just having fun. Signed and numbered prints of "Hot Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).



Ragland Prints

4215 Jane Lane, Raleigh, NC 27604
(919) 876-8747
beagleart.com

Bertie County Peanuts

Looking for North Carolina gift ideas? Bertie County Peanuts has everything you need. From small stocking stuffers to extravagant gifts, we have something for everyone on your list. With over 20 peanut flavors, cashews, pecans, cheese straws and snack mixes, you simply can't go wrong. Visit us on the Web at pnuts.net or drop by our warehouse store in Windsor. This holiday season give the gift of "peanut perfection." Bertie County Peanuts. Always local. Always fresh.



Bertie County Peanuts

217 US 13 North, Windsor, NC 27983
(252) 794-2138 | (800) 457-0005
pnuts.net

Ornaments Made In North Carolina

Some of our favorite places to visit in North Carolina are our beautiful lighthouses. These ornaments depict the four most favorite and they are



handmade right here in Kannapolis. We have designed several specialty ornaments that you can namedrop on for your special occasion or just if you want to add to your own collection. American Ornaments/dba "Heart Gifts by Teresa" is proud to say that all our ornament designs are entirely made in America and can be shipped right to your front door. Visit our website to place an order and add any personalizing for just \$1.00. There are over 200 designs.

American Ornaments

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americanornaments.com



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northcarolinawinegifts.com



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(336) 455-1350

WinWoodDesigns.com

info@WinWoodDesigns.com

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one that meets your budget. Our goal this year is to donate \$20,000. Our 2014 ensembles are loaded with local variety, featuring Lorelines Pralines, Ginny O's Cheese Straws, Carolina Candy Company Gourmet Toffee, Zobo Gingermint Tea, Senora Dixie Salsa and Butterfields Candy, plus many other N.C. specialty foods. Call direct or place your order online and track our progress.



Lorelines Alzheimers Gift Baskets

9525 Hurdle Mills Road, Hurdle Mills, NC 27541

(336) 364-0224

www.ncpraline.com

"Cold Pursuit" Art Print

"Cold Pursuit" is the latest print by Raleigh artist Ronald Ragland. After the success of the "Hot Pursuit" art print, Ronald heard from northern rabbit

hunters asking him to paint a winter scene with beagles chasing a snowshoe hare, the rabbit with large hind legs that turns from brown to white during the winter. Signed and numbered prints of "Cold Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).



Ragland Prints

4215 Jane Lane, Raleigh, NC 27604

(919) 876-8747

beagleart.com

Carolina Creations

An art, craft and gift gallery for 24 years featuring the work of more than 300 local, regional and North American artisans. Local art includes original paintings, prints, notecards, postcards, pen-and-ink drawings and gifts. Functional and decorative pottery by 40 professional potters, plus charming Celebration Pottery made in New Bern. There's jewelry, glass and wood from North Carolina and across the country. Also great cards, sculpture, books of local interest and more. Voted the best place to buy art and gifts in New Bern 2003 through 2014. Voted Top 25 Retailer of American Craft in the U.S.A.



Carolina Creations

317-A Pollock St, New Bern, NC 28563

(252) 633-4369

carolinacreations.com



Taylor's Peanuts

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Taylor's Home Cooked Peanuts

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taylorspeanuts.com

Anna's Gourmet Goodies

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Our corporate gift program includes a free label and custom notecard with every order. We have services to help with thank-you gifts, follow-up gifts, holiday gifts, birthdays, anniversaries, referral and employee rewards. You provide the list, and we'll ship cookies to arrive on or before the date you choose. We make everything from scratch with all natural ingredients and no preservatives. Our cookies make people happy.

Anna's Gourmet Goodies

14460 Falls of Neuse Road, Box 149-105, Raleigh, NC 27614
(888) 864-4832
AnnasGourmetGoodies.com

"The Search Party" Art Print

After spending a Saturday with Oneal Suit of Stem, N.C., watching him hunt with his prize beagles, Ronald decided to paint his first beagle print for Happy Jack dog products. This picture is now in homes from Florida to Canada. Signed and numbered prints of "The Search Party," measuring 16-by-20 inches, are available in full color on museum-quality paper for \$60 (includes shipping).



Ragland Prints

4215 Jane Lane, Raleigh, NC 27604
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beagleart.com

Talkin' Tar Heel

HOW OUR VOICES TELL THE STORY OF NORTH CAROLINA

Drawing on over two decades of research and 3,000 recorded, this lively book by Walt Wolfram and Jeffrey Reaser introduces readers to the unique regional, social and ethnic dialects of North Carolina, as well as its major languages, including American Indian languages and Spanish. Considering how we speak as a reflection of our past and present, Wolfram and Reaser show how languages and dialects help us understand our state's rich and diverse cultural heritage. The book is enhanced by more than 100 audio and video recordings, which can be found online at talkintarheel.com. Hardcover, 352 pages, \$30. Available as an e-book.



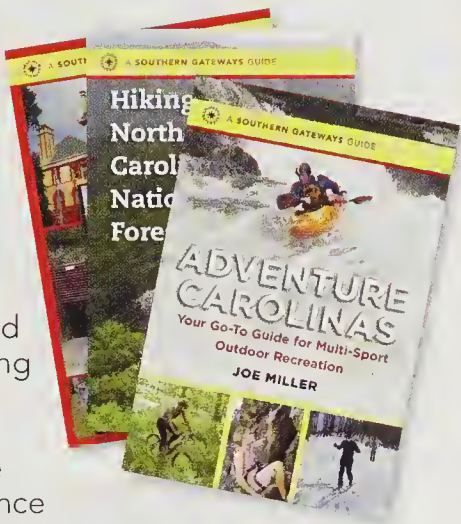
University of North Carolina Press

Chapel Hill, NC
At bookstores or (800) 848-6224
southerngateways.com



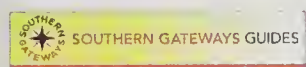
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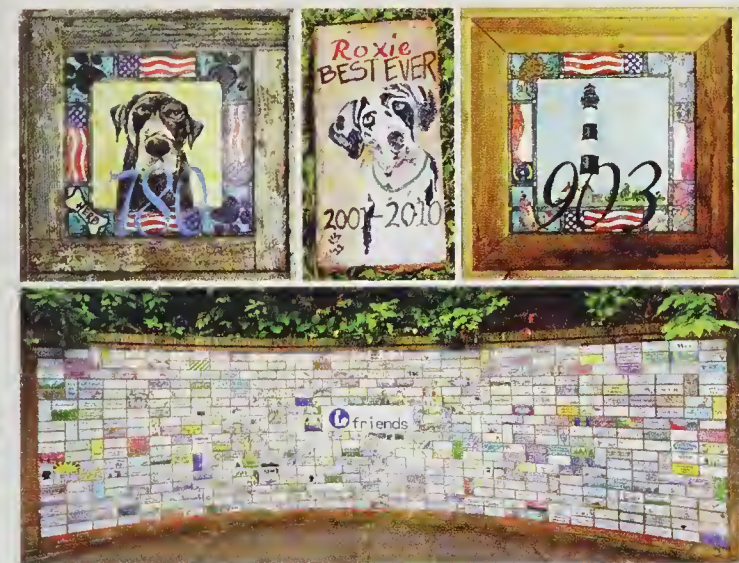


"Savannah Morning" Art Print

On a Monday morning, Ronald was accidentally locked inside an old rice plantation south of Savannah, Georgia. After finding his way out, he was inspired to paint this picture, which later won first place in a Florida art competition. Signed and numbered prints of "Savannah Morning," measuring 16-by-20 inches, are available in full color on museum-quality paper for \$60 (includes shipping).

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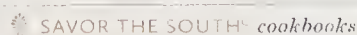


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b a r r c s m e r

Use the capital letters in the code key below to fill in the blanks above.

W R E H I C H N means
s c r a m b l e

AKA

Artist James McNeill Whistler made his mother the subject of his oil painting, "Arrangement in Grey and Black No. 1." It is better known as "Whistler's Mother." So is Anna McNeill Whistler, who was a native of Wilmington, N.C.

"When the dye is cast, the fuchsia is unpredictable."

-The Pundit

Bla... bla...



Domi-No.s



A traditional hiding place of pirate treasure on Greenville Sound west of Wrightsville Beach is called _____. To fill in the blanks, solve the multiplication problems below. Then match boxes. Each digit stands for the letter below it.

4	6	9	1	2	3	7	5	8	4	0
Y	A	M	L	E	O	I	S	N	Y	D

$$\begin{array}{r} X \\ \times 2 \\ \hline E \end{array}$$

$$\begin{array}{r} X \\ \times 2 \\ \hline E \end{array}$$

CODE KEY 0 1 2 3 4 5 6 7 8 9
 D L E O Y S A I N M

CREATE AN EQUATION

3 4 5 6

Using these four digits only, can you create an equation on the blanks below?

____ x ____ =

For answers, please see page 49

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November Events



A Blacksmith & Fine Craft Auction on Saturday, Nov. 1, will feature blacksmith pieces as well as a wide selection of other crafts, including fiber arts, jewelry and pottery. This annual event is held at the John C. Campbell Folk School in Brasstown. (828) 837-2775 or folkschool.org

Mountains (west of I-77)

Craft Fair

Bethel United Methodist Church
Nov. 1, Waynesville
(828) 235-9360

Blacksmith & Fine Craft Auction

Nov. 1, Brasstown
(828) 837-2775
folkschool.org

The Cleverlys In Concert

Nov. 6, Morganton
(800) 939-7469

Veteran's Day Admission Special

Nov. 7-11, Chimney Rock
(828) 625-9611
chimneyrockpark.com

Salute To Veterans

Nov. 8, Rutherfordton
(828) 287-4333

Hues & Brews

Studios tour, festival
Nov. 9, Lenoir
(828) 754-2486
caldwellarts.com

Girl Scout Day

Nov. 8, Chimney Rock
(828) 625-9611
chimneyrockpark.com

Mamma Mia! — National Tour

Musical comedy
Nov. 12, Morganton
(800) 939-7469
commoonline.org

Boy Scout Day

Nov. 15, Chimney Rock
(828) 625-9611
chimneyrockpark.com

Survival Skills — Niche Series

Nov. 22, Chimney Rock
(828) 625-9611
chimneyrockpark.com

Christmas In The Park

Includes lighting of the town
Nov. 28-29, Blowing Rock
(828) 295-5222
blowingrock.com

Thanksgiving Kiln Opening

Nov. 29, Blowing Rock
(828) 295-3862
traditionspottery.com

A Celtic Christmas

Nov. 29, Boone
(828) 964-3392

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Art Walk

First Friday through Nov., Murphy
(828) 644-0043
valleyriverarts.com

Street Dance

Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Carson House Guided Tours
Wednesday through Saturdays
Marion
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Celebration Quilt Show
Through Nov. 10, Maggie Valley
(828) 926-3169

Friday Night Jam Session
Meal, music and fellowship
Fridays through Nov. 21, Lake Toxaway
(828) 966-4060
toxawaycc.com

High Country Lights
Glade Valley Fire Dept. fundraiser
Ennice, Nov. 28-Jan. 1
(336) 657-8199

Holiday Art & Craft Show
Nov. 30-Jan. 15, Valdese
(828) 879-2129
visitvaldese.com

Piedmont (between I-77 & I-95)

Senior Arts & Crafts Fair
Nov. 1, West End
(910) 215-0900

Halloween Half Marathon & 5K

Nov. 1, Spring Lake
(910) 483-5311
halloweenhalfmarathon.com

Persimmon Festival

Nov. 1, Colfax
(336) 682-5328
colfaxpersimmonfest.com

Christmas Craft Show

Nov. 1, Littleton
(252) 586-3829

Gallberry Corn Maze

Nov. 1-2, Hope Mills
(910) 309-7582
themaize.com

Open Studio Tour

Nov. 1-2 & 8-9, Orange County
(919) 942-7578
orangecountyartistsguild.com

Chestnut Roasting Festival

Nov. 2, Gibsonville
(336) 621-4247
high-rock-farm.org

Understanding Southern Silver

Lecture
Nov. 6, Raleigh
(919) 833-3431
joellane.org

Visions Of Sugarplums
Holiday Art & Gift Show
Nov. 6–8, Raleigh
(919) 847-4868
visionsofsugarplumsraleigh.com

Holly Day Fair
Nov. 6–9, Fayetteville
(910) 323-5509
hollydayfair.com

Canady Farm Corn Maze
Nov. 7, Hope Mills
(910) 624-2959

Cozy Cottage Craft Show
Nov. 7–8, Kernersville
(336) 993-2260

St. James Waccamaw
Siouan Festival
Nov. 7–8, Lake Waccamaw
(910) 646-1817

Wizard Of Oz
Stage musical
Nov. 7–9, Roxboro
(336) 597-1709
personcounty.net

Veterans Day Parade & Car Show
Nov. 8, Fayetteville
(910) 433-1457
heroeshomecoming.com

Shuck & Peel Party
Nov. 8, Hickory
(828) 322-1121
downtownhickory.com

W.S.S.U. Native American
Style Festival
Nov. 8, Winston-Salem
(336) 306-4654

White Street Holiday Market
Nov. 8, Wake Forest
(919) 570-0087
thecottoncompany.net

Women's Fall Expo
Nov. 8, Dallas
(704) 834-2385
walnutgrovebaptist.net

Craft Show
Nov. 8, Asheboro
(336) 873-7726

Studio Pottery Tour
Nov. 8–9, Durham
(919) 544-2451
durhamcountypottery_tour.com

Paws in the Park
Nov. 10, Clemmons
(336) 751-5214
davienchumane.org

Mamma Mia!
Nov. 13, Pembroke
(910) 521-6634
uncp.edu/gpac

Davie Craft Corner
Nov. 13–15, Mocksville
(336) 956-6067

Gloriously Broadway Sister Act
Nov. 14, Fayetteville
(910) 323-1991
community-concerts.com

Paul Saik & Orchestra
Nov. 14, Rocky Mount
(252) 985-5197
dunncenter.com

Houston Person
With The Heart of
Carolina Jazz Orchestra
Nov. 15, Sanford
(919) 774-4155
carolinajazz.com

When Pigs Fly
Barbecue and 5K
Nov. 15, Fayetteville
(910) 221-8800
cisofoumberland.org

Footloose
Sunday movie series
Nov. 16, Roxboro
(336) 597-1709
personcounty.net

International Auto Show
Nov. 20–23, Charlotte
(704) 364-1078
charlotteautoshow.com

American Big Band
Home For The Holidays concert
Nov. 21, Pembroke
(910) 521-6361
uncp.edu/gpac

Artists Open Studio Tour
Nov. 21–23, Waxhaw
(704) 843-0525
waxhawarts.wordpress.com

Celebration Of Seagrove Potters
Nov. 21–23, Seagrove
(336) 517-7272
discoverseagrove.com

Seagrove Pottery Festival
Nov. 22–23, Seagrove
(336) 873-7887
heartofnorthcarolina.com

USA Climbing Bouldering
Competition
Nov. 22, Fayetteville
(910) 486-9638
theclimbingplace.com

American Indian Heritage
Celebration
Nov. 22, Raleigh
(919) 807-7300
ncdcr.gov

Artisan & Crafters' Expo
Nov. 22, Statesville
(650) 443-6464

Piedmont Craftsmen Fair
Nov. 22–23, Winston-Salem
(919) 807-6530

Harvest Ministries Holiday Bazaar
Nov. 22, Wadesboro
(704) 465-0386

Open Hearth Cooking
Demonstrations
Costumed interpreters
Nov. 22, High Point
(336) 885-1859
highpointmuseum.org

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Holiday Pops Concert
Nov. 28, Raleigh
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A Dickens Holiday
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Nov. 28, Fayetteville
(910) 323-1776
theartscouncil.com

The Nutcracker
Performed by Carolina Ballet
Nov. 28–30, Durham
(919) 680-2787
dpacnc.com

Home For The Holidays
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Nov. 29, Hillsborough
(919) 732-2201
orangenichistory.org

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Tuesday nights, Midway
(910) 948-4897
liveatchydes.com

Ourham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
theartscouncil.org

Bluegrass Pickin' Shed
Thursday nights through Nov. 15,
Laurel Hill
(910) 462-3636

Montgomery Store Bluegrass Jam
Friday nights, Gold Hill
(704) 267-9439
themontgomerystore.com

The Rhythm Of The Factory
Textile communities exhibit
Through Nov. 15, High Point
(336) 885-1859
highpointmuseum.org

ARTQUILTScconnections
Through Nov. 16, Cary
(919) 460-4963
paqa-south.org

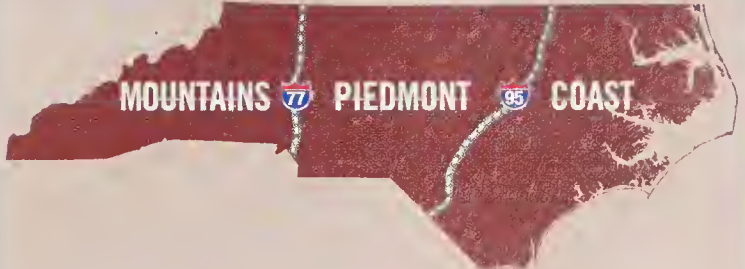
Nellie Allen Smith
National Pottery Competition
Juried show
Through Nov. 24, Fayetteville
(910) 433-2986
capefearstudios.com

Woodmark Originals
Through Nov. 26, High Point
(336) 885-1859
highpointmuseum.org

Generation to Generation:
Keeping Our Traditions Alive
Art by Tabitha Polanca, her students
Through Nov. 30, Roxboro
(336) 597-1709
exploreroxboro.com

Black & White
Exhibition of two-three
dimensional works
Through Dec. 13, Fayetteville
(910) 323-1776
theartscouncil.com

Beach & Jazzy Fridays
Cypress Bend Vineyards
Through Dec. 26, Wagram
(910) 369-0411
cypressbendvineyards.com



Listing Deadlines:
For Jan.: Nov. 25
For Feb.: Dec. 25

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Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.
Or e-mail events@carolinacountry.com.



Every Friday night, an open-to-all bluegrass jam is held at the circa-1840's Montgomery store in historic Gold Hill. No amplified instruments are allowed at this authentic jam, and musicians begin pickin' at 7 p.m. (704) 267-9439 or themontgomerystore.com

Music Barn

Saturday evenings,
Through Dec. 31, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Constitution Ratification Exhibit

Through Dec. 31, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.asapx

Face of Folk: 30 Years of PineCone Exhibit

Musical styles presented
Through Dec. 31, Raleigh
(919) 996-2229
cityofraleighmuseum.org

Stagville: Black & White Photo Exhibit

Through Jan. 2015, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Lafayette Exhibit

Through Jan 3, 2015, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Artists Guild Studio Tour Preview

Through Nov. 9, Hillsborough
(919) 732-5001
hillsboroughgallery.com

The Art Of Giving

Art for the holidays
Nov. 10–Jan. 4, Hillsborough
(919) 732-5001
hillsboroughgallery.com

A Victorian Christmas

Nov. 24–Jan. 5, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Coast (east of I-95)

Quilted Holidays

Nov. 1, 8 & 15, Swansboro
(910) 326-2600
swansboro-recdesk.com

Smashing Pumpkins Weekend

Nov. 1–2, Clinton
(910) 564-6709
hubbscornmaze.com

Encore, Encore

Choral Society
Nov. 2, Wilmington
(910) 398-2788

Nature Trek

Nov. 4, Swansboro
(910) 326-2600
swansboro-recdesk.com

Salsa Dance

Nov. 7, Greenville
(252) 752-7350
fasgnc.org

Down East Holiday Show

Nov. 7–8, Greenville
(252) 493-7287
downeastholidayshow.com

John Lawson Legacy Days

Indian village tours,
cannon firings, crafters
Nov. 7–8, Grifton
(252) 349-0102
johnlawsonlegacydays.org

BMX Fest

Nov. 8, Greenville
(252) 561-8400

Edible Creations & Gifts

Handmade Holiday series
Nov. 12, 18 & 24, Swansboro
(252) 326-2600
swansboro-recdesk.com

Red Priest

Acoustic foursome
Nov. 14, Greenville
(800) 328-2787
ecu.edu

Square Dance

Nov. 14, Greenville
(252) 752-7350
fasgnc.org

Scroogefest

Shopping, arts, crafts
Nov. 14–15, Havelock
(252) 447-3137

Contra Dance

Nov. 15, Greenville
(252) 752-7350
fasgnc.org

Chili, Soup & Crock Pot Meals

Recipe swap series
Nov. 17, Swansboro
(910) 326-2600
swansboro-recdesk.com

Ornaments & Decorations

Handmade Holiday series
Nov. 18, Swansboro
(910) 326-2600
swansboro-recdesk.com

It's A Wonderful Life

Play based on Capra film
Nov. 20–23, Farmville
(252) 753-3832
farmvillearts.org

Kiss Me Kate

Humorous musical
Nov. 20–25, Greenville
(800) 328-2787
ecu.edu

Freeboot Friday

Nov. 21, Greenville
(252) 561-8400
uptowngreenvillenc.com

Paint & Cookie Workshop

Create mixed-media canvas
Nov. 21, Elizabeth City
(252) 335-1453
ncdcr.gov/ncmoa

Deck Those Halls

Holiday decoration workshop
Nov. 22, Elizabeth City
(252) 335-1453
ncdcr.gov/ncmoa

Jumble Sale

Nov. 22, Beaufort
(252) 728-5225
beauforthistoricsite.org

Salsa Dance

Nov. 23, Greenville
(252) 752-7350
fasgnc.org

Community Thanksgiving Feast

Nov. 23, Beaufort
(252) 728-5225
beauforthistoricsite.org

Jewelry Making

Handmade Holiday series
Nov. 24, Swansboro
(910) 326-2600
swansboro-recdesk.com

Festive Holiday Kick-Off

Decorations, crafts, performances
Nov. 28–29, New Bern
(800) 767-1560
tryonpalace.org

Christmas Parade

Nov. 29, Farmville
(252) 753-4670
farmvillenc.com

DNGDING

Art Walk

First Friday, Elizabeth City
(252) 335-5330
ecncart.com

Art Walk

First Friday, Greenville
(252) 561-8400
uptowngreenville.com

Hubb's Corn Maze Fall Festival

Through Nov. 8, Clinton
(910) 564-6709
hubbscornmaze.com

Chamber Coat Closet Project

Through 30, Sampson County
(910) 592-6177
clintonsampsonchamber.org

Kindergarten Thanksgiving

Nov. 3–14, Beaufort
(252) 728-5225
beauforthistoricsite.org

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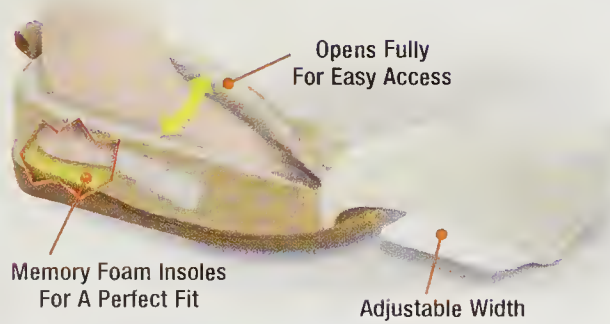
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Crawlspace vents

Q: I would like to replace the raggedy crawlspace vents under my home. What kind of replacement vents are the best?

A: It is a relief to have choices at the hardware store, but it gets confusing when there are too many options. Crawlspace vents are those 8-inch tall, 16-inch wide holes scattered around the perimeter of most foundation walls in North Carolina. They are intended to ventilate the crawlspace to prevent the build-up of dangerous gases, such as radon, and cut down on the moisture found under the home.

There are two kinds of crawlspace vents:

Automatic crawlspace vents close when it is 40 degrees or colder to lower the chances of freezing pipes and open when it is warmer. Automatic vents are notorious for not working and having a short lifespan. Inspecting them once a year is highly recommended.

Manual crawlspace vents allow a diligent homeowner to open and close them as the temperatures rise and fall and the seasons change. Vents should be open most of the year to minimize radon gas and moisture build-up under a home.

Pest entry is another important consideration when selecting crawlspace vents. Crawlspaces are safe havens for pesky critters. For years, I naively only worried about opossums, raccoons, cats, snakes and mice seeking shelter under my home. After this wonderfully wet summer, everyone is noticing more cockroaches in their homes; which can fit through a 1/16 inch crack. Select a crawlspace vent with a durable mesh screen and seal it to the foundation wall so pests cannot enter around the frame.

While you are poking around the outside of your house, take this opportunity to fix other problem areas. Trees and vegetation should be trimmed 18 inches away from your home's exterior. Plug and seal any holes and cracks in the foundation walls to prevent pests and water from entering. Make sure gutters are clear of debris and downspouts

Closed crawlspaces offer numerous benefits:

- Additional moisture control, which means reduced opportunity for mold growth
- Lower relative humidity within the home during summer months
- Less dry-feeling air during winter months
- Fewer opportunities for pest entry
- Potential improvement of the indoor air quality
- Possible savings of up to 15 percent on your heating and cooling bills, if your HVAC system is in the crawlspace




Vents can ventilate a crawlspace to prevent the build-up of dangerous gases, such as radon, and cut down on the moisture found under the home.

direct water away from your home. Moist foundations may contribute to structural problems, jump-start fungal growth and lure a variety of pests.

Peak inside the crawlspace to ensure there are no puddles of water under your home to attract cockroaches and other pests. Once they are under your home, it is very convenient for them to mosey into the kitchen for a swell dinner of crumbs or head to the bathroom for some delicious toothpaste residue.

Closed crawlspaces

An alternative to maintaining a vented crawlspace is to create a closed crawlspace. This entails more than just closing the vents and installing a dehumidifier. It involves a variety of parts that work together as a system and requires making safe choices with gas appliances that may reside there. Full details can be found at crawlspaces.org or by calling (919) 857-9000.

Vented crawlspaces are common in North Carolina homes. They have worked well in the past and they may continue to work well in the future. But, because every home and its location is different, if you find your vented crawlspace is wet, musty and will not dry out, a properly closed crawlspace may be a much better option than your current vented crawlspace. The North Carolina research results on crawlspaces.org will tell you more. 

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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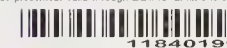


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Using fireplaces efficiently

Tips and products to help you get the most from a fireplace

An open fire can be quite comfortable, but, unfortunately, most fireplaces can lose more heat than they produce.

That cozy open fire may actually be costing you a lot of money. First, there's the cost of firewood if you don't cut your own. Second, the radiant heat feels nice when you are right in front of the fire, but already-heated air might be sucked up the chimney if outside combustion air is not introduced at the fire. This makes your heating system run longer as it replaces already heated air from your furnace or heat pump.

Also, if there is no damper or the fireplace is not fitted with its own outdoor air source, indoor air escapes up the chimney when the fireplace is not used.

Adding a source of combustion air that ducts into the fireplace can help a great deal—and this works well in combustion with glass doors. The fire draws the air it needs for proper combustion and draft from the outside, rather than the conditioned air from inside.

If you don't have an outdoor vent in your fireplace or stove, it helps to open a window by the fireplace a little and close doors to the room if possible. Much of the excess air being drawn up the chimney will be cold outdoor air from the slightly open window. When sitting right in front of the hot fire, you probably won't notice the air draft caused by the open window.

If you make just one fireplace efficiency investment, it should be to install high-quality glass doors. They control the amount of indoor air that escapes up the chimney when a fire is burning, and also when one is not.

High-quality fireplace doors aren't cheap. The best are relatively airtight. By adjusting combustion air vents in the bottom of the glass door frame, you can still have a raging fire without major indoor air loss.

Fire does need an adequate supply of combustion air for an efficient, clean burn. If air flow is reduced too much, creosote buildup occurs, leaving the potential for a chimney

fire. Have the chimney inspected annually and apply several squirts of a creosote control spray during each fire.

Burn well-seasoned wood only or no more than one unseasoned log to three seasoned ones. If you try to burn more unseasoned wood, it requires more combustion air to keep it burning well, which can draw



This heat-circulating heat exchanger has a heat output of up to 50,000 Btu per hour. Notice how the flames reach the upper cooking/baking chamber (top door).

even more air out of your home.

There are several designs of heat-circulating grates that increase heat output. Many efficient grates fit snugly under the bottom edge of the fireplace doors and contain an electric blower that circulates indoor air through the grate, keeping the room air warm.

If you decide to purchase a heat-circulating grate, select one with a blower with several speeds and a thermostat with an on/off switch. This switch shuts off the blower when the fire burns down. If you prefer the fireplace doors open, tubular heat-circulating grates blow the heat directly out the front. Other models have no blower and rely on natural convection.

Stoll Fireplace makes a unique heat exchanger, which mounts at the top of the fireplace opening, creating a tremendous amount of heat output. These models work with gas or wood-burning fireplaces. A circulating heat exchanger with built-in glass doors is also available for a more airtight combination. Also, an optional upper oven section is available for cooking and baking, which can help reduce energy use.

For more about fireplace efficiency, check out TogetherWeSave.com's Home Efficiency Analysis Tool (homeefficiency.togetherwesave.com).

Jim Dulle is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulle, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulle.com.

The following companies offer fireplace efficiency products:

Battic Door (508) 320-9082
batticdoor.com

Diamond W Products (248) 652-8833
diamond-w.com

Northline Express (866) 667-8454
northlineexpress.com

SaverSystems (800) 860-6327
homesafetyproducts.biz

Stoll Fireplace, Inc. (800) 421-0771
stollfireplaceinc.com

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Sweet Potato Pie & Maple Praline Sauce

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|--|----------------------------|
| Pastry for a single-crust pie (9-inches) | 1/4 cup maple syrup |
| 1 1/4 cups sugar, divided | 1 teaspoon maple flavoring |
| 1 cup chopped pecans | 1/4 teaspoon ground cloves |
| 1 teaspoon ground cinnamon | Maple Praline Sauce |
| 4 eggs, lightly beaten | 1/2 cup butter, cubed |
| 1 cup mashed sweet potatoes | 1/2 cup chopped pecans |
| 3/4 cup buttermilk | 1/2 cup sugar |
| 1/4 cup butter, melted | 1/2 cup maple syrup |
| | 1 teaspoon maple flavoring |
| | 1/4 cup sour cream |

Line a 9-inch deep-dish pie plate with pastry; trim and flute edges. In a small bowl, combine 1/4 cup sugar, pecans and cinnamon; sprinkle evenly into pastry shell. Set aside.

In a large bowl, combine the eggs, sweet potatoes, buttermilk, butter, syrup, maple flavoring, cloves and remaining sugar. Pour over pecan layer.

Bake at 350 degrees for 60–70 minutes or until a knife inserted near the center comes out clean. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on wire rack.

For sauce, in a small heavy skillet, melt butter. Add pecans; cook over medium heat until toasted about 4 minutes. Add the sugar, syrup and maple flavoring; cook and stir for 2–4 minutes or until sugar is dissolved. Remove from the heat; stir in sour cream. Serve with pie.

Creamy Hash Brown Potatoes

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| 1 package (32-ounce) frozen, cubed hash brown potatoes | 2 cups (8 ounces) shredded Colby-Monterey Jack cheese | 1/4 teaspoon pepper |
| 1 can (10 3/4-ounce) condensed cream of potato soup, undiluted | 1 cup (8 ounces) sour cream | 1/8 teaspoon salt |
| | | 1 carton (8 ounces) spreadable chive and onion cream cheese |

Place potatoes in a lightly greased 4-quart slow cooker. In a large bowl, combine the soup, cheese, sour cream, pepper and salt. Pour over potatoes and mix well.

Cover and cook on low for 3 1/2 to 4 hours or until potatoes are tender. Stir in cream cheese.

Yield: 12–14 servings.



From Your Kitchen

Apple Pie

- 4–5 Red Delicious or other good cooking apples
- Cinnamon
- 5 slices of loaf bread
- 1 egg
- 1 cup sugar
- 1 tablespoon self-rising flour
- 1 stick margarine

Slice apples and place into 9-by-13-inch glass baking dish. Sprinkle cinnamon lightly over apples. Take 5 slices of loaf bread and cut into strips and place over apples. Melt margarine, then beat it together with egg, sugar and flour. Pour evenly over bread slices. Bake at 350 degrees for 30 minutes.

This recipe comes from Josie Widener of Dobson, a member of Surry-Yadkin EMC.

Send Us Your Recipes

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Beef Brisket in Beer

- | | | |
|---|--|----------------------------------|
| 1 fresh beef brisket* (2 1/2 to 3 pounds) | 1/2 teaspoon pepper | 2 teaspoons Worcestershire sauce |
| 2 teaspoons liquid smoke, optional | 1/4 teaspoon salt | 2 tablespoons cornstarch |
| 1 teaspoon celery salt | 1 large onion, sliced | 1/4 cup cold water |
| | 1 can (12-ounce) beer or nonalcoholic beer | |

Cut brisket in half; rub with liquid smoke if desired, celery salt, pepper and salt. Place in a 3-quart slow cooker. Top with onion. Combine beer and Worcestershire sauce; pour over meat. Cover and cook on low for 8–9 hours or until tender.

Remove brisket and keep warm. Strain cooking juices; transfer to a small saucepan. Combine cornstarch and water until smooth; stir into juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve beef with gravy.

Yield: 6 servings.

* Note: This is a fresh beef brisket not corned beef.

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